

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st...



Agawam Advertiser News

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"Your Hometown Newspaper"

Volume XXIII Number 33

August 17, 2000



THE SPRINGFIELD TURNVEREIN'S OKTOBERFEST COMMITTEE finalizes plans for this weekend's event to be held at the Turnverein on 176 Garden Street. Seated (from left to right) are Wilma Gillan, assistant treasurer; Jennifer Lauton; Marianne Alden, chairperson; and Christa Strehl. Standing (from left to right) are Lee Lyon; Pete Vecchiarelli; Marty Lehberger; Jim Hadden; Kurt Walther, club president; Hal Read, editor of *Turner* newsletter; and Al LaGrange, business chairman. Advertiser News photo by Kathy Shepard.

Honoring Our "Fair Weather" Friend...



LONG-TIME AREA METEOROLOGIST JOHN C. QUILL (center) received a proclamation on Friday, August 11th, which was declared "John C. Quill Day" in Agawam in recognition of his 47 years of dedicated service in weather forecasting. Quill, who was a long-time Agawam resident and recently retired from TV-Channel 22, is pictured above with Agawam Mayor Richard A. Cohen and his wife, Pauline B. Quill. Advertiser News photo by Kathy Shepard.

Spfld. Turnverein To Hold Oktoberfest This Weekend

by Kathy Shepard
Feature Editor

This coming Saturday, August 19th, Oktoberfest will be held at the Springfield Turnverein, located at 176 Garden Street in Feeding Hills. The event will begin at noon and will continue through the evening until 11:00 p.m. with food, entertainment, and camaraderie for folks of all ages.

The cost is \$4 for adults, with no charge for children 12 and under. There is plenty of free parking on the grounds.

Music in the afternoon will be provided by the Melha Shrine German Band, beginning at 2:00 p.m. and ending at 7:00 p.m. Children are especially encouraged to be present in the afternoon because a jester will perform and do face painting. There will also be games for children through the afternoon.

During afternoon breaks, the Alpen Dancers will perform Schuplattler dances (group dancers). A vendor will sell beer steins, tapes, and many gift items. In the evening, from 7:00-11:00 p.m., D.J. "After Hours" will provide music for the crowd. All performances will take place rain or shine because there are two halls on the grounds of the Turnverein.

The menu items include German potato salad and sauerkraut prepared by the club members, knockwurst, bratwurst, and smoked pork chops. Hamburgs and hot dogs will be available. Also served will be coffee and German desserts, as well as imported and domestic beers "on tap." There is a full bar inside the club.

Assistant Treasurer of the Oktoberfest Committee, Wilma Gillan of Feeding Hills told us, "The first Oktoberfest in Agawam was held in 1972. These were two-day events with crowds of 10,000 people. Land was rented on South Street with bus shuttles. Due to construction of Route 57, we were not able to hold the Oktoberfest for many years.

"We revived the Oktoberfest four years ago as a one-day event. Last year's rain brought us a small crowd of about 500, but the year before, we entertained close to 1,000 people. We are equipped to handle a large group even if it rains because of our two halls," said Mrs. Gillan.

Once upon a time, there would be an Oktoberfest Queen chosen. In addition to memories of their early Oktoberfests, which attracted 10,000 to 12,000 people to the two-day affairs, the Springfield Turnverein itself has an interesting history. Located originally in Springfield, it was moved to Agawam in 1968. A patriot named Friedrich Ludwig Jahn, also called Father Jahn, developed the first apparatus to be used in a gym and the "turnverein" had its beginning.

SEE OKTOBERFEST - Page 6

Will Discuss Task Force Progress...

Council Committee To Take Up Zoning Code Reform

by Kathy Cassanelli
News Editor

Next week, the Town Council zoning review committee will discuss the progress made to date by the Zoning Advisory Task Force appointed jointly by former Mayor Christopher C. Johnson and former Town Council President Donald Rheault in September of 1998.

Chaired by Town Councilor Gina Letellier, the Zoning Review Committee will meet on Wednesday, August 23rd, at 7:00 p.m. in the Community Room of the Agawam Library to discuss the status of the Zoning Advisory Task Force and to discuss the next steps to take in revising the zoning code.

The 11-member Zoning Advisory Task Force (comprised of town councilors, town officials, and community representatives) was charged with retaining a consultant to recodify the town's zoning ordinance and working with the consultant to complete the recodification project.

The process involved reviewing the code for conformance with state statutes and case law; identifying any inconsistencies and illegalities in the existing zoning code; identifying any glaring omissions; and preparing a revised code which would be more readable and would incorporate use and dimensional tables. Important land use questions were also to be included in the recodification project.

At last week's Town Council meeting, Ms. Letellier, who serves as chairwoman of both the Zoning Review Committee and the Zoning Advisory Task Force, said the advisory task force was just a meeting or two away from requesting a public hearing on some of the

issues that have been raised over the last two years.

"I expect we will come to City Council asking for a public hearing at our second meeting in September or at the first meeting in October," Ms. Letellier said.

Since hiring Foxborough Attorney Mark Bobrowski in March 1999, the task force has received five technical memos covering a wide range of topics, including enforcement, site plan review, a revised fee schedule, definitions, home occupations, parking, landscaping, signs, environmental standards, and a use matrix.

Nearly a year ago, the task force received a first draft incorporating all of Bobrowski's memos for their review.

Scaling Back Its Scope...

In a memo to Mayor Richard A. Cohen last month, Planning Director Deborah S. Dachos pointed out that after initially asking Bobrowski to cover several topics, the task force decided it was beyond their original charge and scaled back its scope. Some of the materials received were considered incomplete, and still others were rejected for errors or misinterpretations, according to Ms. Dachos.

The original goal of the task force to submit a recodified zoning ordinance for Town Council approval no longer appears feasible, but the Planning Board could champion some of the material prepared by Bobrowski and become the petitioners for a more piecemeal approach to amending the zoning code, according to Ms. Dachos.

After working on three formal committees charged

with revising or rewriting the zoning code in her 17 years as planning director, Ms. Dachos said the town continues to be haunted by the idiosyncrasies of a zoning code that was written to satisfy the wishes of individual landowners in selecting how they wanted their property zoned.

"This is the 1950's zoning coming back to haunt us," Ms. Dachos said.

Although he is interested in getting a report on what has been done so far and a timetable for what remains to be done, Cohen said, "It's only fair to wait to see what Councilor Letellier's plans and goals are for getting this moving. The bottom line is to get it done."

Ms. Dachos said the task force could go through with some of the recodification project, like the definitions section revised and resubmitted by Bobrowski a few months ago, when it meets again. The task force last met in January, when the discussion centered on the direction the task force should be taking.

Ordinarily, the recodification process is a pretty straightforward proposition, updating for case law and getting rid of inconsistencies. But, in Agawam's case, bringing the code up-to-date would require making substantive changes in the zoning ordinance, and the task force was in a quandary to avoid going beyond what it felt was the scope of its authority, Ms. Dachos said.

"In this case, recodification was much more complicated than we thought it would be," Ms. Dachos said.

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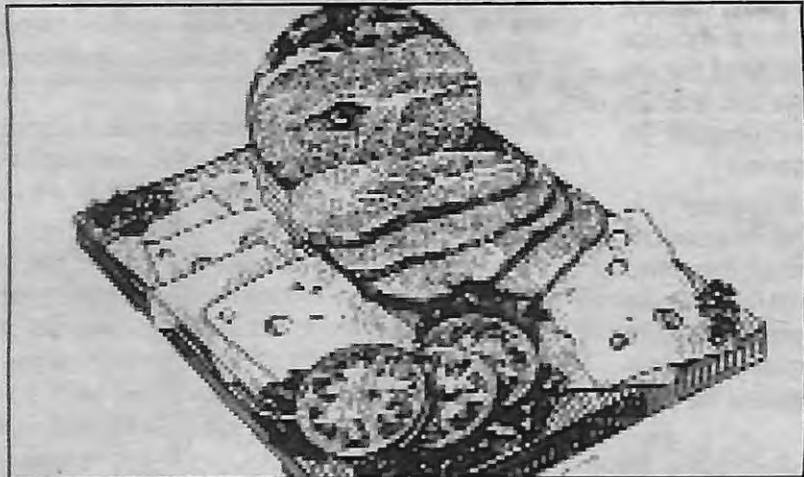
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Letters To The Editor

The Political Forces Behind Filling The Council Vacancy

To The Editor:

The process of nominating a candidate to fill a City Council vacancy has never been, is not, and never shall be divorced of politics. It is always political, shall ever remain such, and had forever been such. No matter how the City Council opts to make its decision, and no matter who the City Council ultimately decides on, their motivations must ever be political - and are most especially political when any City Councilor denies a political motivation for their vote. Fairness is not, and has never been a consideration - nor should it ever be. "Fairness" is a political code word, intended to cloak the political motivations behind the vote. We must not be fooled.

We presently have forces at work, in this vote, that can easily explain the 29 ballots. The mobilization of these forces is not intended to favor the voters, is not intended to favor the City Council, and is not intended to favor this Town of Agawam. The forces now mobilized have one primary goal - and that goal was charted and set in motion even prior to the previous municipal election. The goal is to "Get Bob Magovern." The goal is to "Get Rid Of Bob Magovern." The goal is to "Drive Bob Magovern Out Of Politics." We must not be fooled.

Forces have mobilized to not only remove Mr. Magovern from the City Council presidency, but also to remove him from the GOP Town Committee. One might think that all of this is being done out of revenge, to retaliate against Mr. Magovern for nominating a Democrat to fill the City Council vacancy. The cold, hard truth is that these forces were mobilized against him beginning with the January 1st election of City Council officers.

No force can legally deny Mr. Magovern his GOP Town Committee seat for having exercised his prerogatives as a duly elected representative of the people. Any force attempting this is contemptuous of democracy, contemptuous of the City Council, contemptuous of the Town of Agawam, and contemptuous of the GOP within itself. No sense of civic responsibility compels the forces involved. We must not be fooled.

We must not be fooled! Do not be fooled into believing that people want politics removed from the process. Such people intend to substitute only their very own politics, and insert it into the process. Do not be fooled into believing those who caution against "old-time politics." Such persons practice "old-time politics" and intend to restore such politics to the City Council.

Do not be fooled into believing that persons who seek "fairness" lack an axe to grind. "Fairness" is a political code word for grinding an axe that is aimed at our City Council President's head. When 29 ballots are cast, ulterior motives may be the cause. Do not be fooled again!

In Solidarity with Magovern and Rheault,
I remain ever sincerely yours,
Owen R. Broadhurst
Agawam

Congratulations To Council Pres. For Standing Strong

To The Editor:

Congratulations to our Agawam Town Council President, Mr. Robert Magovern, for standing strong despite intimidation tactics by the Town of Agawam Republican Committee to fill a vacancy created by the untimely death of Mr. Servis. Mr. Magovern followed the dictates of the Agawam Town Council and voted for whom he thought to be the most qualified person. The person he chose was Mr. Donald Rheault, who had 16 years' experience ... and for 10 of those years, he was chosen president by his peers! He left the

Council to run for mayor, but was defeated.

Council President Magovern chose Don Rheault over John Negrucci, who had at least 10 years less experience than Don Rheault! Mr. Magovern's choice of Don Rheault would seem a wise one in light of Don's experience. In fact, even opponents of his decision would have to admit that Mr. Magovern's choice had some rational basis.

In 1971, Agawam adopted a new charter. The citizens of Agawam voted to keep "party lines" out of the Town Council and make it non-partisan. Apparently, the Agawam Republican Town Committee wasn't listening when the voters of Agawam spoke. When Council President Magovern - who is a Republican - cast a vote for Don Rheault - who is a Democrat - all hell broke loose!

Some of the members of the Agawam Republican Town Committee were angry and, ignoring the non-partisan mandate of the charter, they chose to chastise Council President Magovern for voting out of party lines and threatened, by letter, to remove him as a member of the Agawam Republican Town Committee. Keep in mind, even at the state level, the Republican State Committee does not expect anyone already in office to follow party lines. Obviously, the Agawam Republican Town Committee seems to be making up their own rules!

Council President Magovern has always had the interest of Agawam above partisan politics! I applaud your moral stand and am appalled at their tactics! Incidentally, the letter sent from the Republican Committee was written above the signatures of three persons, one of which (coincidentally) happens to be that of Bill Euliano, who was John Negrucci's campaign manager!

Joseph L. Pisano
Agawam

The Voters Should Have Input On Council Vacancy

To The Editor:

I had the opportunity of running into our Council President this past weekend at a local bank. Quickly, we began talking about the Council's recent impasse over filling the vacancy left by Councilor Kent Servis. We laughed a bit, as most did, over the fact that 29 votes were taken with identical results. It wouldn't be Agawam if there wasn't a political controversy.

However, when I suggested to Mr. Magovern that the Town should consider a non-binding referendum to see how the people of Agawam felt about these two candidates, he blew it off, mentioning that there would be a significant cost to this. I feel the representation of this Town is as important as casino gambling; however, if left to the Council President, the voice of the people would not be heard on this issue.

It's hard for me to imagine that one of these 10 Councilors is just going to change his/her mind. I think an excellent piece of corroborating evidence to justify

changing one's vote would be the choice of the people. I understand the Charter does not call for this; however, the Charter does not deal with all situations that can arise. Common sense needs to prevail at times. Hiding behind a Charter is cowardly when the Charter does not recognize a situation. The Councilors represent the people. If the people favor one candidate over the other, I think the Councilors need to be aware of that.

My guess is this will not pass because some Councilors would be afraid of the results, which (to me) suggests that they are not willing to represent the people, but rather satisfy their own self-interests. Or, worse yet, cause alliances on the Council. Mr. Rheault lost a mayoral election to a virtual political unknown. The people did not think this 16-year Council member and former Council President was the "most suitable" person to lead our Town. Instead, they chose an unproven leader, who luckily had the support of the people who knew he would do a good job, as well as those who didn't want old-time politics.

If you choose not to have a non-binding referendum, I strongly urge Councilors Magovern, Letellier, Morassi, Rossi, and Young to consider this point. You may feel Mr. Rheault is the most suitable candidate; however, you appear to be in the minority of the Town. And isn't the Town supposed to come first?

John S. Maggi
Agawam

In Praise Of Councilors Who Support John Negrucci

To The Editor:

It was disappointing to learn that the City Council failed to elect a candidate to fill the vacant seat on the council. Their stalemate leaves an unfortunate void on the council.

On a more positive note, I wish to commend those five councilors - Bitzas, Bonavita, Mineo, Perry, and Simpson - for their support of John Negrucci. John sought a council seat last November only to lose out by four votes. Each of these councilors noted that the voters of Agawam just narrowly missed returning John to the council. These councilors respected the will of the people.

Mr. Don Rheault, the other nominated candidate for the seat, made the deliberate decision last year to leave the council. He no longer wished to serve the town in that capacity, but sought higher office.

Perhaps the best thing for the town and the council would be for Mr. Rheault to carefully consider where he truly wishes to serve and to drop out of this particular contest. If he's really serious about the council, he can start from scratch next year and get his 100 signatures and then run for a council seat.

Thank you,
Ernestine M. Book
Agawam

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you. ADVERTISER NEWS!!!



The Agawam Advertiser News

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Agawam Police Officers Trained In CPR As First Responders

All Agawam police officers have now been trained in Cardiopulmonary Resuscitation (CPR) and as First Responders. Officers are able to initiate CPR at the onset of cardiac arrest. It is estimated that over 50 percent of all victims of cardiac arrest could be saved if defibrillation is administered in the first few minutes.

The Agawam Police Department now has the capability to have a positive impact on the survivability of these patients. The Agawam Police Department AED Director is Lieutenant Steven Draghetti and the AED Coordinators are Officer Richard Niles and Officer John Moccio.

Cardiac arrest is a condition that results when the heart stops beating. It is caused by life-threatening abnormalities in the heart's electrical system. These abnormalities are referred to as arrhythmia. The Agawam Police Department will be utilizing the Physio-Control Life Pak 500 automated external defibrillator (AED). Only department personnel with current certification in the use of automated external defibrillators are authorized to use the AED.

AED policy and procedures require that the AED will only be used on patients in cardiac arrest. They must be unconscious, pulseless, and not breathing before the device is used to analyze the patient. The patient assessment and rapid defibrillation of the cardiac arrest patient will follow the guidelines of the American Heart Association and the Western Massachusetts Emergency Medical Services Protocols for the use of AEDs. In addition, the highest trained person will have medical control over patient care. First responders will yield to emergency medical

LEGAL NOTICE

AGAWAM TOWN COUNCIL

The Agawam Town Council will hold a public hearing on September 5, 2000 at 7:30 p.m. at the Agawam Middle School, 68 Main Street, Agawam, MA, on the application of FIVE STAR TRANSPORTATION, for a license to keep, store for personal use/or resale of petroleum products in underground tanks or above ground not to exceed 2,000 gallons at 384 Shoemaker Lane in the Town of Agawam, MA.

Published: August 17, 2000.



THE AGAWAM POLICE DEPARTMENT recently completed training with automated external defibrillators that are now being used in APD cruisers. Pictured above are (from left) Detective Michael Gruska, Lietenant William Sliech, Patrolman John Field, Patrolman John Moccio (instructor), and Patrolman Eric Camerlin. Advertiser News photo by Kathy Shepard

technicians or to paramedics.

In addition, for the purposes of recertification and skill evaluation, every officer shall attend all required

defibrillation in-services in accordance with the requirements of the American Heart Association and the Western Massachusetts Emergency Medical Services.

LEGAL NOTICE

Richard M. Theroux
Town Clerk

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A Word From The Council President...

by Robert Magovern
Agawam Town
Council President



The citizens of Agawam have suffered a great loss with the death of Kent Servis. This past week, there has been another type of loss which has been of trust and harmony on the council. Since elected, I have tried my best to represent all of the people of Agawam. The council has worked together and has been very busy addressing the needs of the town. I truly believed the politics of old were behind us, but I am sorry to say I was mistaken.

The election this past week for a new councilor has brought back a lot of old political infighting. The charter clearly states how we replace a candidate. The charter states the council shall elect a suitable person to replace the vacancy. It does not say the next person or the number of votes someone missed by or anything else.

In fact, John Negrucci was first appointed to the council when the next person with the highest vote was overlooked. It was never a factor in past elections for a replacement of a councilor and should not be in this election. With that said, it comes down to *which candidate is most suitable as the charter states*, Mr. Rheault or Mr. Negrucci?

The reason for writing this column is not to offer my personal opinion as to why I think Mr. Rheault is the most suitable candidate, but to try and put to rest the backbiting that seems to be going on during this election. Yes, 29 roll calls are rather unusual, but it is apparent individuals thought long and hard before

casting this important vote. Hopefully, we now have had time to rethink and understand the long-term consequences for the town and we will be able to settle this without much more division.

I would now like to address another matter that has taken place since this election. I would have kept it private, but it has gone public and the "air needs to be cleared." Because I have voted for Mr. Rheault (a Democrat), the Republican Town Committee made a move to replace me from this committee. I am proud to be a Republican and have been since I registered to vote. I have never put partisan politics above what is best for Agawam.

Donald Rheault is a registered Democrat and John Negrucci a Republican. I was told before I started voting, that if I voted for Donald Rheault this would happen. This is a non-partisan election and we have all taken the oath of office to uphold the charter. The audacity of someone even attempting this is unbelievable. Anyone who thinks I will cave in to pure political pressure does not know me. I vote for the issues or person in the capacity of an Agawam City Councilor for the betterment of all. Each and every councilor should be doing the same. A councilor is allowed to change their mind should the facts change. To change your mind on any issue, however, because of outside pressure (be it personal or political) is wrong.

After each vote for an issue is cast, I try to forget who voted which way because we have to work together for what I believe is right for our town. When we finally come to a resolution and we have a new councilor, we must unite again and move forward, not always voting together, but all being focused on what is best for Agawam.

I am proud of my town and feel privileged to serve as the President of the City Council. I will never support or not support an issue based on any political party pressure.

LEGAL NOTICE AGAWAM TOWN COUNCIL, AGAWAM, MA

The Agawam Town Council will hold a public hearing on **September 5, 2000 at 7:30 p.m.** at the Agawam Middle School, 68 Main Street, Agawam, MA, on the application of **AGAWAM CAR CARE**, for a license to keep, store for personal use/or resale of petroleum products in **underground tanks or above ground not to exceed 20,000 gallons at 1 River Road** in the Town of Agawam, MA.

Richard M. Theroux
Town Clerk

Published: August 17, 2000.

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LEGAL NOTICE
TOWN OF AGAWAM
AGAWAM CONSERVATION COMMISSION
The Agawam Conservation Commission will meet on Thursday, August 24, 2000 at 7:00 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, Mass. The purpose of this meeting will be to hear the Request for Determination of Applicability of Wytas for property at the end of Chapin and Day Streets.

By Order of Henry A. Kozloski, Chairman
Agawam Conservation Commission
Published: August 17, 2000.

LEGAL NOTICE
TOWN OF AGAWAM
AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will hold a public hearing on Thursday, August 24, 2000 at 7:15 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Lomascolo for work to be performed on Lot 54 Spear Farm Road, subject to the Massachusetts Wetlands Protection Act.

By Order of Henry A. Kozloski, Chairman
Agawam Conservation Commission
Published: August 17, 2000.

LEGAL NOTICE
CITY OF AGAWAM
AGAWAM CITY COUNCIL
PUBLIC HEARING NOTICE

The Agawam City Council will conduct a public hearing on Tuesday, September 5, 2000 at 7:30 P.M. at the Agawam Middle School, 68 Main Street, Agawam, MA on the application for one (1) sign to be located off the corner of Cooper Street and Cardinal Drive, Agawam, MA in accordance with Sec. 180-83, Paragraph (B), of the zoning by-laws as submitted by Quail Run Estates, 50 Cardinal Drive, Agawam, MA.

Ursula Retzler
Clerk of the Council

Published: August 17, 2000.

For all the hometown news, you turn our pages each and every week ... AAN!!!

OKTOBERFEST - from Page 1

Early German immigrants and followers of Jahn established the first gymnasium in this country in a school near Northampton. This inspired the establishment of the Turnverein in 1855. Father Jahn's method of organized scientific physical exercise epitomized his motto, "A Sound Mind In A Sound Body."

When the Turnverein was moved to Agawam, the members continued in the tradition of providing families with a variety of programs such as physical education, bowling, choral singing, German language classes, fishing, dinner, dances, and other cultural activities. A brochure is available from the club and there is a newsletter available called *The Turnver*.

The Oktoberfest Committee invites everyone to join them for a fun-filled day or any portion of the day. The entire day, including afternoon and evening festivities, promises to blend fun, good food, and the best in entertainment with friendship and good company. For more information, please call the Turnverein at 413-786-0924. Oktoberfest comes only once a year, so don't miss it!

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Keenan Announces Mass. Highway Plan For Agawam

State Representative Daniel F. Keenan is pleased to announce the undertaking of a major reconstruction and rehabilitation project designed by the Massachusetts Highway Department. The project calls for the deck replacement, repair of the super-

structure, and the reinforcement of the abutments on the overpass of Route 57 crossing Route 159.

"I am pleased that Mass. Highway is taking steps towards our common goal of improving statewide roads and bridges, as well as the infrastructure in

Agawam," said Keenan.

The project was originally advertised on June 10th, with bids scheduled to open on August 1st. The estimated cost of the project is \$3 million.

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The Cohen Administration: The First Eight Months And Coming Attractions

by Kathy Cassanelli
News Editor

It's an idea so universal and so true as to have become a cliché: two heads are better than one.

So, just think how much better it would be to have all the heads (the department heads, that is) working together on both long- and short-term projects to maintain and improve services to the community, plan for future capitol improvement projects, and address a myriad of issues facing a community that is home to a power plant, a Six Flags Theme Park, and a State Veterans' Cemetery.

That pretty much sums up the management style Mayor Richard A. Cohen brought with him to Town Hall in January. And judging by a recent review of the first quarter of his term in office, it seems to be working for both the Mayor and his management team.

Looking back on his first eight months as Mayor, Cohen said, "Not only has it been a great learning experience, it's been exciting and fulfilling. I haven't had a day off, what with attending functions days, nights and weekends, but that is the commitment I made to the people during my campaign."

For the future, Cohen pledges to continue to ensure that Town Hall has a friendly atmosphere for the townspeople and for the people who work there; to maintain community involvement to identify and meet the needs in town; and to continue to be involved in functions and events through the community.

Joking that someday the townsfolk may give him a day off, Cohen added, "I love doing this job and I do look forward to coming to work every day."

Accomplishments Since January...

Among the positive accomplishments achieved since taking his oath of office in January, Cohen points to the approval of the Agawam Library expansion project; the completion of the Combined Sewer Overflow project; playscape installations and park improvements; a 6.1 percent increase in the School Department operating budget; and the establishment of good working relationships with Town Council and the School Committee.

"We don't always agree, but we don't have to be disagreeable," Cohen said of his relationship with the town's elected officials.

Treasurer/Collector Laurel Placzek said there was much more interaction between her office and the School Department during the preparation of the school budget this year. "That was a positive thing for both of us because (Associate Superintendent) Don

Charest and I both knew what was going on and it was good to be working together," Ms. Placzek said.

Cohen agreed, saying, "It's important for all of us to be working together for the betterment of the town."

For Town Clerk Richard Theroux, the "biggest thing" accomplished so far by the Cohen administration was the unanimous acceptance of the town budget by Town Council in June. "That was a real accomplishment, especially to have it unanimously approved," Theroux said.

A former Town Council president, Theroux sees a better relationship between the Mayor's Office and the council, as well as an atmosphere of more cooperation between the School Department and Town Hall.

"I think the councilors are having more input of their thoughts," Theroux said. "The councilors want and should be participating in government and working in a cooperative atmosphere (with the administration)."

Cohen points to an increase in council involvement through weekly agenda meetings with the council president and two council members; through the appointment of councilors to the committee advising him on site acquisition for a new DPW facility; and through the inclusion of members of the council committee on street safety in the weekly meetings on Six Flags traffic issues.

"I believe in the team approach to management style," Cohen said. "By including everyone, we get more ideas and it's important to have people feel they are a part of things. That they have ownership."

While it may take longer to get things done, Cohen believes more will be accomplished in the end by utilizing the wealth of knowledge and experience represented by the department heads, town councilors, and School Committee members.

Several department heads note an increase in the number of team meetings, a more active role for their individual participation, and a more open and cooperative atmosphere for brainstorming on solutions to the day-to-day issues confronting local government.

DPW Superintendent John P. Stone finds a "more active role in participating" in a decision-making process that encourages people to "bring forth an idea that may seem 'off the wall,' but may indeed lead to a

better solution."

Other department heads said they appreciate getting input from their colleagues on ongoing projects in their own departments, especially when the ideas differ from their own.

Several department heads agreed that it's healthy for them to get another perspective and that they come out of meetings with great ideas. Most felt they've had some worthwhile and productive meetings during the first eight months of the Cohen administration.

The New DPW Facility...

In planning for the new DPW facility, Stone plans to take a leaf out of his wife's book by following Chief Librarian Donna Campbell's lead in laying the groundwork that ensured the town ended up with a building to meet the needs of today as well as the needs of tomorrow.

Stone said the DPW site acquisition committee is expected to make its recommendation on two possible sites to the Mayor by the end of the month, and he would like to see council action on acquiring a site within six months. After that, Stone plans to spend one year in the design and planning stage before going out to bid on the actual construction of the project, which will likely take another 12 to 18 months.

"We're following the steps of the library advance planning process," Stone said. "We want the advantage of going through that process so that we're not shortchanged (when the garage is built)."

Stone is also in the process of laying the groundwork for the extension of sewer service to two areas of Feeding Hills. Before a plan can be accepted by the state should grant money become available, Stone must first review whatever environmental laws have been enacted since the town last considered a sewer project in 1972.

Stone said the sewer study would include portions of South Westfield Street and Route 57 to the Southwick border, and along North West Street to North Street Extension.

Also at the DPW, efforts to improve the town's recycling rate have paid off, in part by the inclusion of con-

SEE MAYOR COHEN - Page 9

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MAYOR COHEN - from Page 8

dominiums and multi-family units in the recycling program, and the recycling coordinator has been meeting with a consortium of condominium owners to determine if the town can assist them with trash pick-up, Stone said.

Another major project for the DPW and the Planning Department will be streamlining the process for street acceptance, since special legislation was approved by the legislature in order to eliminate the backlog of unaccepted streets in communities across the state.

"We'll be getting a list together of our unaccepted streets and holding public hearings in the fall," Stone said.

Six Flags Traffic Issues...

Another major initiative has been the ongoing talks

with Six Flags to identify and resolve traffic issues, according to Director of Planning and Community Development Deborah S. Dachos.

"The Mayor has spent the largest percentage of his time working on our relationship with Six Flags," Ms. Dachos said. "One of the components we've been working on is a five-year plan for traffic monitoring and building a database to determine the effects of the increase in traffic relating to the expansion at the park."

Cohen said he has been working on an agreement with Six Flags covering permitting, traffic mitigation, parking, and sewer and water usage. Last week's passage of the state transportation bond bill could signal another step forward in alleviating traffic logjams on Main Street. Included in the bill is funding for an economic development grant aimed at improving the infrastructure on Main Street to better manage Six

Flags traffic, Cohen said.

Other coming attractions from Cohen's administrative team include:

- * Completion of the nomination of a section of Main Street to the National Historic Register within two months, and the scheduling of public meetings for all affected residents in the fall.

- * Completion of a state tourism grant application for funding the Elm Street Fire Station and Historical Museum.

- * Completion of the High School library expansion project by the opening of school in September 2001 to assure removal of the warning status on accreditation.

- * Increasing parking at the Agawam Senior Center.

- * Quarterly collection of property taxes.

- * Completion of the banquet facility at the Agawam Municipal Country Club for next season.

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- Agawam Obituaries -

NANETTE ARMAND

Nanette (Campofredano) Armand, 84, formerly of 6 Meadowbrook Manor, Agawam, died recently at Baystate Medical Center in Springfield.

She was an inspector at the Springfield Armory for 15 years and worked previously at the former Asinof & Sons Manufacturing Co. of Chicopee for 10 years.

Born in Ururi, Campobasso, Italy, she came to Springfield in 1924 and settled in Agawam in 1968.

She was a communicant of Our Lady of Mount Carmel Church and a former member of Golden Agers Chapter 1.

Her husband, Henry D. Armand, died in 1976.

She leaves two sons, Michele of Fort Pierce, Florida, and Henry of Daytona Beach, Florida; nine grandchildren; and nine great-grandchildren.

The funeral was held at Tazzini Funeral Home and the church, with burial in St. Michael's Cemetery.

Memorial contributions may be made to the Massachusetts Association for the Blind, 146 Chestnut Street, Springfield, MA 01103.

GLADYS L. BROWN

Gladys L. (Hopkins) Brown, 69, formerly of 57 Berkshire Avenue, Southwick, died recently at a Westfield nursing home.

She was a florist for 15 years and worked for local flower shops.

Born in Taunton, she lived in Feeding Hills for many years and in Southwick for the past 22 years.

She was a member of Christ Church United Methodist Church.

Her husband, Albert G. Brown, died in 1996.

She leaves two sons, Eric of Southwick and Russell of Palmer; two daughters, Susan Kosinski of Westfield and Rebecca Poulin of Chester; a brother, Edward Hopkins of Missouri; three sisters, Doris Osden of Montgomery, Ruthie Boyle of Southwick, and Carolyn Leduc of Easthampton; 10 grandchildren; and a great-granddaughter.

The funeral was held at the church, with burial in New Cemetery at a later date. Southwick-Forastiere Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the American Diabetes Foundation, 1 Bromfield Street, 5th floor, Boston, MA 02108.

NORMA C. BRUSSEAU

Norma C. (Margara) Brusseau, 78, of 73 North Street, Agawam, died recently at a local nursing home.

She worked at the former American Bosch Corp. in Springfield.

Born in Santa Cruz, California, she moved to Agawam in 1947.

She was a communicant of St. Theresa Church and a member of its St. Ann's Society and the Agawam Golden Agers.

She leaves her husband of 55 years, Paul E. Brusseau; a daughter, Jean Bell of East Longmeadow; and six grandchildren. A son, Philip, died in 1997.

The funeral was held at Agawam Curran-Jones Funeral Home and the church, with burial in Center Cemetery.

Memorial contributions may be made to the church building fund at 74 Bridge Street, Agawam, MA 01001.

FRANK A. FAZIO

Frank A. Fazio, 82, of 43 Wright Street, Agawam, died recently in a local nursing home.

Born in Springfield, he lived in Agawam for many years.

He was a retired 47-year machinist for the former American Bosch Company, retiring in 1982.

He was a communicant of Our Lady of Mt. Carmel Church in Springfield, and a member of the Knights of Columbus Gaspar Bertoni Council.

He leaves his wife of 57 years, the former Victoria E. Florian; a son and his wife, James A. & Agnese

Fazio of Somers, Connecticut; a daughter and her husband, Carol Ann & Burton W. Deane of Tarpon Springs, Florida; a sister, Mary DalMolin of Agawam; and two grandchildren, Frank Fazio and Katharine Rosier.

He was predeceased by a brother, Felix Fazio.

The funeral was scheduled for the morning of Thursday, August 17th, at Agawam Funeral Home and in the church, with burial in St. Michael's Cemetery.

Donations may be made to the American Cancer Society, 31 Capitol Drive, West Springfield, MA 01089, or to the Visiting Nurse and Hospice, 50 Maple Street, Box 9058, Springfield, MA 01102-9058.

SALVATORE SCALA

Salvatore "Sam" Scala, 77, of Agawam, died recently at home.

He worked as a production control manager for the former Springfield Armory.

Born and raised in Springfield, he attended the former High School of Commerce.

An Army veteran of World War II, he was in the ordinance division stationed in Maryland.

He lived in Agawam for many years.

He was predeceased by his wife, the former Maida O'Leary.

He leaves a son, James M. of Feeding Hills; a brother, Frank R. of Springfield; two sisters, Mary S. Mango of Springfield and Nancy Bizilj of Bloomfield, Connecticut; a granddaughter; and his first wife, the former Mary Grasso. A daughter, Nancy J. Scala, died in 2000.

The funeral was held at Forastiere Funeral Home of Springfield and in Our Lady of Mt. Carmel Church, with burial in St. Michael's Cemetery.

Memorial contributions may be made to the Jimmy Fund, Dana Farber Tribute Program, 1 Harvard Street, Brookline, MA 02146-9795, or to any other charity.



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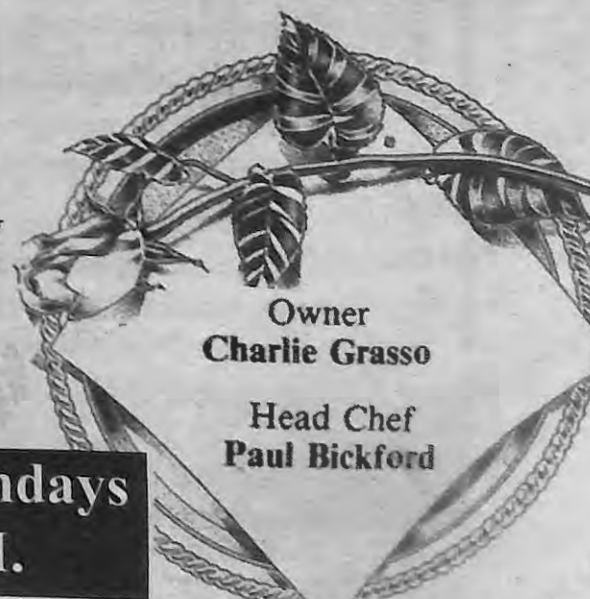
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Veterans' Corner...

Two Major Events From Our Military History

by Edward A. Kellogg, Veterans' Agent - 786-0400, Ext. 236 Or 237

This week in USAR history (August 13th-19th), I would like to point out two major events from our military history.

VICTORY IN THE PACIFIC: On August 14th, 1945, comes the news that soldiers in the Pacific and every soldier preparing to deploy to the Pacific have been wanting to hear: "Japan Surrenders." In the Pacific at war's end were four Organized Reserve divisions: the 77th, 81st, 96th, and 98th. All but the 98th had seen combat. The 98th would deploy to Japan for occupation duty until its inactivation in February 1946.

All of these OR divisions had been slated for roles in the planned invasion of the Japanese home island. Also included in the planning were these OR divisions to be re-deployed from Europe: the 87th, 91st, 95th, 97th, and the 104th.

Also in history this week, "The Berlin Wall Goes Up." On August 13, 1961, Communist forces seal the border to West Germany and begin construction of the Berlin Wall. The Wall was built to stop the flood of East Germans fleeing into West Berlin.

This action and previous statements from Soviet Premier Nikita Khrushchev led many to believe the Soviets were prepared to use military force to eliminate the western presence in Berlin.

The U.S. Army took a number of measures to reinforce its units in Europe while doubling the number of combat-ready units in the stateside Reserve.

Three days after work began on the Berlin Wall, the Army alerted 113 Guard and Reserve units for possible active duty. Reserve officers on six-month training tours were given 12-month extensions. One-year extensions were also made to ready Reserve obligations.

On August 25th, the Army called up 210 Reserve units. More than 60,000 Army Reservists were mobi-

lized for the Berlin Crisis of 1961. The crisis soon settled down, and the Cold War stayed cold in Europe. The Berlin Wall, the most enduring symbol of the Cold War, came down in November 1989.

The demands on our citizen soldiers still persist today. Our reserve units are all over the world. The Reserves who sign up can plan to be deployed at least four times during one regular tour.

This information was passed on to me via e-mail by Lt. Col. Randy Pullen, USAR.

COMMEMORATIVE CERTIFICATES

There has been a stir of interest in the commemorative certificates awarded on the USS Kennedy in Boston a while back.

So, for the benefit of my readers, I give you the following information: commemorative certificates will be awarded in honor of the Jubile'e la Liberte' 56th Anniversary of D-Day and the Battle of Normandy and/or the Liberation of France (6-6-44/5-8-45).

In order to pay tribute to veterans of the Battle of Normandy, the Regional Council of Normandy has created a commemorative certificate for presentation to them. This certificate will be awarded to veterans of all branches of the military who participated in the liberation of France.

How can you obtain it? By submitting a request to the Consulat General de France, Park Square Building - Suite 750, 31 Saint James Building, Boston, MA 02116, telephone: (617) 542-7374.

I have in my office the commemorative certificate application forms. You will need your DD-214/copy of the applicant's honorable discharge service record. Give me a call at 786-0400, ext. 236 or 237, to set up an appointment so we can get your certificate.

CORRECTIONS:

In our August 3rd edition, we ran a story about Madonna McKinley, who is an outreach counselor for the Agawam Council on Aging. In our article, we mistakenly referred to Ms. McKinley as "Sister."

In fact, she is a Sisters of St. Joseph associate, but is not a Sister. She is, however, a nurse.

We failed to mention the general contractor of the Veterans' Cemetery project in our July 27th edition. Gagliarducci Construction of Springfield was awarded the general contract on July 27, 1999 for the Commonwealth's first Veterans' Memorial Cemetery in Agawam. They began the project on August 5, 1999.

Gagliarducci is responsible for the infrastructure, the installation of the burial vaults and conduits, and the columbarium walls and roadways installation. RAC Construction of Agawam was awarded the building contract for the administration building, the chapel, and the maintenance facility.

The AAN wants to give credit to those involved with the completion of this important project.

In last week's edition (August 10th), we ran a story about the appointment of Gary Winn of Feeding Hills as Cemetery Manager for the new Veterans' Memorial Cemetery in Agawam. In this story, Robert McKean, Director of the Massachusetts Veterans' Memorial Cemeteries, praised Winn's capabilities and further stated that "the Department of Veterans' Services is most appreciative for the continued support of everyone who has helped to make the cemetery a reality."

However, the following individuals were inadvertently omitted from the article: "A special thanks goes to Governor Paul Cellucci, the entire State Legislature, Senator Linda Melconian, Representative Dan Keenan, and all their colleagues who have supported the cemetery by funding the operational costs."

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you.
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Families

CornFest 2000 This Weekend!

*E. Cecchi Farms' Annual Corn Festival
To Benefit The Parish Cupboard*

The corn is husked, the water's boiling, and it looks like the weather's going to cooperate as E. Cecchi Farms prepare for their annual tribute to sweet corn this weekend. CornFest 2000 will take place this Saturday and Sunday, August 19th and 20th, from 11:00 a.m. to 4:00 p.m. each day at E. Cecchi Farms at 1131 Springfield Street, Feeding Hills.

The Cecchi family plans to serve over 500 ears of corn this weekend. Now in its seventh year, the Cecchi CornFest has evolved from an event that simply enabled consumers to taste the local corn harvest into a gourmet customer appreciation weekend. Customers will be able to sample a variety of vegetables, all grown on the family farm.

Along with yellow, white, and butter & sugar sweet corn, the Cecchis will also be serving a new variety this year. Michael Cecchi explained, "Sweet scarlet" is a new variety with red and white kernels developed especially for grilling and microwaving. It has a very distinct flavor, and is really beautiful to look at."

In addition to all the corn you can eat, the Cecchi family will be serving grilled vegetables, tomato & basil salad, melon, and other dishes as well. There is no charge for any of the food at CornFest 2000. Contributions will be accepted and matched by E. Cecchi Farms for donation to the Agawam/West Springfield Parish Cupboard.

Robert Cecchi, Sr. noted, "It rained most of the weekend last year, and we were still able to turn over more than \$700 to the Parish Cupboard. We're very fortunate to have such giving customers."

In addition to all the great things to eat, this year's CornFest t-shirt will be available for purchase. Each year, a limited number of shirts promoting that year's CornFest is printed, but this year's will be unique. Illustrator Linda Gardner was commissioned to create the "corn rocket" icon, which will appear on the shirts this year only.

If you love farm-fresh vegetables, stop by E. Cecchi Farms this weekend. Rain or shine, CornFest 2000 promises to be a delicious time for all.

Behind The Scenes At "Battle Of The Bands"



THE BEHIND-THE-SCENES people who made the recent Agawam Parks & Recreation Department-sponsored "Battle of the Bands" such a success included members of the Department of Public Works, Agawam High sophomores, Mayor Richard A. Cohen (back row, center), AHS Guidance Counselor Alan Cohen (front row, second from left), volunteers, and Parks & Recreation Director Christopher Sparks (back row, behind Mayor Cohen). Advertiser News photo by Dave Rollins.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ... **ADVERTISER NEWS!!!**



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We also feel it is important to let the public be aware that only when you purchase Paul Mitchell products in a salon can these items be guaranteed by us and the company. There have been counterfeit products showing up on retail shelves due to uncontrolled product tampering. Some of these products have also been tested and found to have bacteria levels as high as human feces. Please join our efforts in taking these counterfeit products off retail shelves by purchasing this line in a salon only. Lawsuits are pending and a few have already settled to help keep the public safe from these tainted products. The John Paul Mitchell systems has pursued an anti-tampering act campaign which has been passed in the House and is now at the Senate level to stop these disreputable individuals.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ...

ADVERTISER NEWS!!!

The finishing products include: *Soft Spray*, which gives a soft flexible hold that is natural looking and gently holds your style. *Fast drying Sculpting Spray* is a working spray that shapes and holds all hair types and gives shine and flexible hold. *Freeze and Shine Super Spray* is a firm-holding non-aerosol finishing spray that adds shine and firm hold on all hair types. *Super Clean Spray* is a medium hold fine mist aerosol spray that gives shine to all hair types. *Super Clean Extra Spray* is a firm-holding fine mist aerosol spray that gives shine and flexibility to all hair types. All hair-sprays contain sunscreens to help protect hair from the sun.

The finishing line also includes some great polishing products that are used for all those new styles and will give you that professional look at home. These products include: *Slick Works*, created for fine to medium hair textures to give sleek control, soft definition, and shine enhancement. *Wax Works* gives great definition, control, hold, and shine while controlling even the most difficult hair textures. Lets you mold and form any style. *Foaming Pommade*, a shine-enhancing finishing pommade that adds texture and control. *The Shine* is a highly concentrated hair polishing mist that provides intense shine to any finished style on any hair type. *Gloss Drops* has just been added to the line and is a weightless polish providing separation, definition, and intense shine. It controls and tames frizz and is perfect for all hair types.

Jennifer and Carol invite you to stop in and share your hair problems with them so that they can help you take the step to a more beautiful you!

Thought for a smile: cold lemonade on a warm summer day.

And remember Beauty is our Business!

Agawam Senior Center's Weekly Lunch Menu

Monday, August 21st: Hot dog, baked beans, cole slaw, whole wheat bread, banana.

Tuesday, August 22nd: Open-faced turkey sandwich, stuffing with gravy, mixed vegetables, Mandarin oranges.

Wednesday, August 23rd: Chicken pot pie (chicken, potatoes, carrots, onions, peas), rye bread, ice cream.

Thursday, August 24th: Shepherd's pie, mixed vegetables, whole wheat bread, cake.

Friday, August 25th: Vegetable lasagna, tossed salad, pumpernickel bread, prunes.

(Menu subject to change without notice.)

Sheepgate Continues Artistic Presentations

Sheepgate will continue to present their series of artistic presentations through the month of August in the PINK TENT on Saturday and Sunday each week from 11 a.m. - 4 p.m.

The schedule of presentations is as follows:

August 19 - Animal Pen and Ink Sketches;
August 20 - Pottery - Rene Patenaude; **August 26 - 27** - Weaver - Chris Hamel and **September 2** - Pressed Flower Art - James Pow.

Sheepgate is located on Route 23 in Blandford and presents handwoven items and other juried crafts and also has a flock of sheep which greet the visitor and wait to be fed by the many children and adults who come to Sheepgate.

For further information, call 413-848-2892 or 413-848-0990.



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Goat Cheese-crusted Lamb Chops - New Zealand lamb chops encrusted with goat cheese with a mint demi glaze served over smashed potatoes and grilled asparagus.

Enjoy Summer Nights in the Bistro Lounge with the sounds of:

Thursday, August 17 - Classical Pianist Vadim
Friday, August 18 - Piano Vocalist Kevin Burns
Saturday, August 19 - Pianist Natalie Borowiec
7:00 P.M. - ???

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Friday:

Zuppa De Pesce.....\$13.95
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UNICO Holds Annual Steak Bake At Charlie's House



MEMBERS OF AGAWAM UNICO recently gathered at the home of member Charlie Calabrese in Agawam for the club's Annual Steak Bake. IN LEFT PHOTO: Manning the grill with Charlie (right) were Jim Willis (left) and Ed Disco. IN RIGHT PHOTO: Some of the Agawam UNICO members who attended the club's Annual Steak Bake at the home of Charlie Calabrese included (from left) Dick Dilullo, Frank Morassi, Don Hanna, and Tom Martinelli.

Agawam Garden Club To Host Flower Show On Sept. 12th

On September 12th, the Agawam Garden Club will be having a Flower Show with different exhibits by Garden Club members. Co-chairwomen are Dot Brown, Barbara Farrington, and Betty James.

From September 15th-October 1st, the Garden Club will have a display in the New England Center Building on the grounds of The Big E. The theme this

year will be "East Meets West."

The Agawam Garden Club meets the second Tuesday of the month at 7:00 p.m. Visitors are always welcome for a fee of \$2. The meetings are held at the Captain Leonard House, 663 Main St., Agawam. There is a guest speaker with refreshments following the meeting. Please join us!

Heritage Woods To Host Antique Car & Motorcycle Show

On Sunday, September 10th, in honor of National Grandparents' Day and National Assisted Living Week, Heritage Woods Assisted Living Community is proud to host an Antique Car and Motorcycle Show from 12:00 noon to 4:00 p.m.

The public is invited to come and enjoy the vintage vehicles and the lovely grounds of Heritage Woods.

For information and directions, please call Heritage Woods at 786-9704.

Please remember to patronize your local businesses ... ADVERTISER NEWS!!!

Oktoberfest 2000

Melha Temple German Band
2 to 7 p.m.

After Hours DJ
7 to 11 p.m.

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176 Garden St., Feeding Hills
(Take the Garden St. Exit Off Route 57, bear left)

Saturday, August 19
Rain or Shine
From Noon to 11 p.m.

Excellent Food • Oktoberfest Beer
Folk Dancers, German Novelties
Jester, Balloons & Face Painting For The Kids
\$3 in advance • \$4 at the gate
Children 10 and under FREE
FREE PARKING

For More Information, Call The Club At (413) 786-0924

Agawam Chapter of Unico National

38th Annual Chicken Bar-b-que

For the benefit of Unico Charities

Sunday, August 20, 2000

Polish American Club Pavilion
139 Southwick St.
Feeding Hills

Donation:
Adults \$7.50
Children under 12 \$3.50

Serving 11:30 am to 3:00 pm

For tickets call any UNICO member
or Bruno Maule @ 789-0082

Agawam UNICO Gearing Up For Annual Bar-B-Que On August 20th

The Agawam Chapter of UNICO National will be holding its 38th Annual Chicken Bar-B-Que on Sunday, August 20th, once again at the Polish American Club in Feeding Hills.

The Bar-B-Que will be held from 11:30 a.m. until 3:00 p.m. in the pavilion at the Polish Club. The cost for this year's meal remains unchanged from last year at \$7.50 for adults and \$3.50 for children 12 and under.

As in past years, there will be chicken, french fries, salad, corn, fruit drink, coffee, and watermelon.

All proceeds from the Bar-B-Que will be used to

benefit Agawam UNICO and its many charitable activities. Agawam UNICO is well-known for its commitment to the community and the residents of Agawam.

Agawam UNICO continually provides scholarships as well as helping Agawam's mentally and physically challenged citizens. The organization is also known for its contributions to the many student and civic activities throughout the community.

Anyone wishing to purchase tickets can obtain them from any UNICO member or at the door. This year's Bar-B-Que is being co-chaired by Ron Lalancette and Frank M. Morassi.



AGAWAM UNICO MEMBERS Salvatore Morassi, Jr. and Ron Lalancette (standing, from left) and Frank Morassi and Sal Morassi, Jr. are seen making final preparations for the Annual UNICO Chicken BBQ scheduled for Sunday, August 20th at the Polish American Club in Feeding Hills.

Big E Advance Tickets And Passes On Sale Now

Attendees of Big E 2000, which takes place Sept. 15 - Oct. 1st in West Springfield, can save \$2 by purchasing discount advance adult admission tickets. Advance tickets are on sale now at The Big E Box Office in the Coliseum and, beginning August 20th, will be on sale at all Stop & Shop supermarkets. Admission in advance is just \$10 and tickets must be purchased by Sept. 9th.

In addition, Advance Midway Vouchers will be sold for \$13. The Voucher will be good for a bracelet that entitles the wearer to free midway rides Monday-Thursday, or for 36 individual ride tickets for use any day.

Following its successful introduction last year, The Big E is offering the 17-day Value Pass, which provides admission to The Big E all 17 days of the fair for one low price. The Value Pass is \$34.95 for adults and \$22.95 for children ages six-12, which represents a \$169 savings off the regular adult admission price of \$12 per day and a \$113 savings off the regular children's admission of \$8 per day.

Special discounts with the Value Pass include 10 percent discount on all Big E souvenirs, selected purchases in the Storowton Village Gift Shop during the fair, and membership in the Biggie Club.

The passes are on sale now at The Big E Box Office and exclusively at AAA Travel Stores in West Springfield, Springfield, and Hadley. Value Passes and discount tickets are also available by calling 1-800-334-2443 and through our web site at www.the-big-e.com. Deadline for all purchases is September 9th.

The Big E, New England's Autumn Tradition, and the nation's ninth largest fair, features free top name entertainment, a circus, horse shows, crafts, amusement rides, agricultural events, the Avenue of States, Storowton Village Museum, foods from around the world, and much more.

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5 Lbs. Or More	\$1.99 Lb.
10 Lbs. Or More	\$1.99 Lb.
Fresh Ground Round Patties (1/4 Lb. Each - 3 Lb. Box Of 12 Patties)	\$7.99
Fresh Ground Chuck	\$1.69 Lb.
5 Lbs. Or More	\$1.39 Lb.
10 Lbs. Or More	\$1.39 Lb.
Fresh Chuck Patties (1/4 Lb. Each - 2 Lb. Box Of 8 Patties)	\$4.49
Frozen Store-Made Patties (5 Lb. Box Of 20 Patties)	\$8.99
Frozen Danish Spare Ribs (10 Lb. Box)	\$19.95
Boneless Center Cut Pork Roast	\$2.89 Lb.
Boneless Center Cut Pork Cutlets	\$2.99 Lb.
Whole Butt Tenderloins (Cut To Order)	\$5.69 Lb.
Whole Boneless Top Sirloins	\$2.49 Lb.
Grade "A" Chicken Breast	.99 Lb.
Whole Split	\$1.19 Lb.
Zonin Italian Sausage (Hot Or Sweet)	\$2.39 Lb.

DELI

Land O' Lakes American Cheese	\$3.99 Lb.
-------------------------------	------------

Land O' Lakes Sandwich Swiss

Cheese	\$3.99 Lb.
Russer German Bologna	\$1.69 Lb.
Krakus Imported Ham	\$3.99 Lb.
Citterio Mortadella (With Pistachio)	\$2.89 Lb.
Hormel Genoa Salami	\$2.99 Lb.
Wampler Chicken Roll	\$2.89 Lb.
Store-Made "All White Meat"	
Chicken Salad	\$4.99 Lb.

PRODUCE

Bananas	.39 Lb.
Large Size Cantaloupes	.99 Each
Large Size Peaches	.89 Lb.
Iceberg Lettuce	.89 Head
California Carrots (1 Lb. Bag)	.39
Onions (3 Lb. Bag)	.99

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AHS Class Of 1950 Plans Reunion Weekend

It's the Agawam High School Class of 1950 Reunion Committee. We are getting down to the nitty gritty—your reservations!

The plans for the weekend event include:

Friday, Oct. 6th: 3:00 p.m., Tour of "Our High School," 100 Main St., Agawam; 4:30 p.m., Cocktail Hour with hors d'oeuvres at Alexander's Restaurant, 60 North Westfield St., Feeding Hills (Dinner and drinks on your own if you so desire.)

Saturday, Oct. 7th: 12:15 p.m., Cruise on the Connecticut River aboard "The Tinkerbelle," leaving from Riverfront Park, Springfield (\$9 per person, payable at the time of the cruise); 6:00 p.m., 50th Reunion Social Hour, Crestview Country Club, Shoemaker Lane, Agawam; 7:00 p.m., Dinner (choice of prime rib, \$42 per person; chicken or scrod, \$40 per person).

Thank you to all who have filled out and returned your personal biography sheets. If you haven't yet, please do it as soon as possible.

For reservations, mail your check to Thelma Coughlin, 17 Tower Terrace, Agawam, MA 01001. Please indicate which events you will be attending (School Visit, Alexander's, Tinkerbelle Cruise, Crestview) and how many in your party, in addition to your dinner choice(s).

For more information, call John Mercadante at 786-4114 or e-mail at jmarymerc@aol.com.

Agawam Community Artists To Be Featured At Baystate Medical

The Arts Alive Program, under the direction of Dr. J. Rosenthal at Baystate Medical Center, the Centennial Hallways (third floor) will contain the artworks of local and area artists of the Agawam Community Artists now through September 17th.

President Howard Safford was pleased to see the members' participation covering the Centennial walls which consisted of various mediums and diverse subject matters, including acrylics, oils, watercolors, still life, and collages.

The exhibit is open to the public at no charge. The Agawam Community Artists is partially funded by the Agawam Cultural Council supported by the Massachusetts Cultural Council.

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Prepare Now For The Boston Marathon Jimmy Fund Walk...

Walkers From Agawam Sought To Join The Fight Against Cancer On Sept. 24th

Last year, four Agawam residents, Steven Curry, Beth Weaver, Lillian Martin, and Dorsey Cokkinias, walked from Hopkinton to Boston in the 11th Annual Boston Marathon Jimmy Fund Walk, making Agawam a leading town in the effort to raise money for cancer research.

With funding needs for cancer research on the rise, the Jimmy Fund is hoping to attract more walkers from Agawam for the Sept. 24th event. The goal is for 8,000 walkers to raise more than \$3.3 million through the one-day event.

Dana-Farber Cancer Institute is a world-renowned cancer research and treatment facility that cares for adults with all forms of cancer. The Jimmy Fund Clinic cares for children afflicted with cancer.

While individual walkers qualify to participate in the Walk by raising \$100, walkers are being asked to "go the extra mile" and become a Pacesetter — a walker who raises \$500 or more. Pacesetters receive special recognition at the finish line. They will also receive a special club T-shirt and be invited to a reception held in their honor in the spring.

"Almost everyone has been affected by cancer in one way or another," says Emily Swymer, director of the Boston Marathon Jimmy Fund Marathon Walk. "Either they have fought it themselves or had a family member or friend stricken by it. We're encouraging people to fight back by joining with their friends and

neighbors in this fun, but important fundraising effort."

Walkers may choose to walk a half marathon (13.1 miles) that begins at Wellesley High School or they can join Jimmy Fund Clinic patients and their families in the three-mile Patient/Family Walk that starts at Dana-Farber Cancer Institute.

The Boston Marathon Jimmy Fund Walk is the only event, other than the Boston Marathon itself, that is sanctioned by the Boston Athletic Association to use the historic 26.2-mile route. Over its 11-year history, the Walk has raised a total of \$13.6 million for cancer care and research at world-renowned Dana-Farber Cancer Institute.

The 12th Annual Boston Marathon Jimmy Fund Walk begins in Hopkinton at 7:00 a.m. in Wellesley at 11:00 a.m., and at Dana-Farber Cancer Institute at 2:00 p.m. All walkers finish at Copley Square, where they will be met with music, food, and a post-walk program featuring speakers from Dana-Farber Cancer Institute.

For more information on how to join the fight against cancer by participating in the Boston Marathon Jimmy Fund Walk on Sunday, Sept. 24th, or how to join the Pacesetters, call Walk organizers at (800) 632-3562 or visit www.jimmyfund.org. Participants can register and make financial contributions on-line by visiting the "Events" section, then "Marathon Walk" on the Web site.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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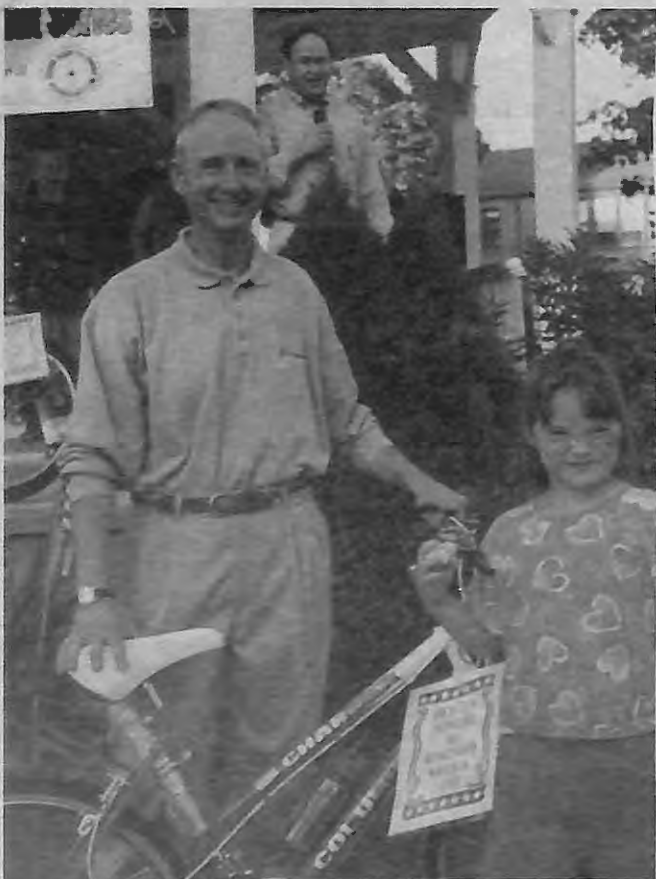
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FRESH CORN - GRILLED VEGGIES - YUMMY STUFF

Woronoco Bank, Summer Reading, & Entertainment Series



AT A RECENT SUMMER ENTERTAINMENT SERIES event sponsored by the Agawam Rotary Club and the Agawam Cultural Council, Woronoco Savings Bank presented brand new bicycles to Agawam Public Library Summer Reading members. IN LEFT PHOTO: Sujay Kulshrestha receives his new bicycle from Woronoco Savings Bank Feeding Hills Branch Manager Darilynn Nardi, while in photo below, bank Vice-President Richard Bellico presents Dominique Touchette with her new bike. Woronoco donated the bikes to the Agawam Library's Summer Reading Program and both children received the prizes for being this summer's top readers. IN RIGHT PHOTO: Richard Bellico, vice-president of Woronoco Savings Bank (and a Feeding Hills resident); Mayor Richard A. Cohen; Darilynn Nardi, branch manager of Woronoco's Feeding Hills branch; Dominique Touchette (bike winner); Donna Campbell, Agawam Library director; John Stone (Ms. Campbell's son); Jeanne Hofmann, Reading Program director of Agawam Library; and Sujay Kulshrestha, bike winner. Advertiser News photos by Kathy Shepard.



Catholic Women's Club Plans Fall Art Auction

The Catholic Women's Club of Agawam will host a Ross Gallery Art Auction to benefit the club's scholarship fund on Saturday, October 14th at St. John's Parish Center, 233 Main St., Agawam.

Preview will be held at 6:30 p.m. with the auction starting at 7:30. Cost is \$10 per person or \$15 per couple. Refreshments and a raffle will be available.

For ticket information, call Mary Gontczaruk at 413-786-0283.

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Left to Right: Robert P. Molta, President Coldwell Banker/Keenan and Molta Associates, Priscilla Harman - Realtor of the Year, Barry Boccasile, Vice President of Development, Coldwell Banker/Keenan and Molta Associates.

AFS Student Returns To Town After 17 Years

It seemed like *deja-vous* for 1983 Agawam High School graduate Heidi Nachtigall.

Heidi left Agawam on July 3, 1983 and had been away from the community for 17 years without return. That's because Heidi has spent these years back in her homeland of Germany, where she "finished" high school, attended pharmacy school to later become a certified pharmacist, get married, and to begin raising two children.

Heidi will always consider Agawam as her "second home." Earlier this summer, she came back with her husband, Bernd, and two children, Nico (5) and Silvy (4), to share memories and re-establish the bond between herself and her Agawam family, Dave & Billie Anne Carpenter of Forest Road, who were delighted to see their two small AFS "grandchildren."

The shy, blond schoolgirl that left the Carpenters 17 years ago had come back to them as a fully-grown woman in her mid-30's. Although older and wiser, she was the same Heidi who the Carpenters and members of the Agawam Chapter of American Intercultural Programs (AFS) remembered so well, despite the passage of time.

"Once I returned to Agawam, it was like I never left. Dave & Billie Anne are the same wonderful people who gave me one of the best years of my life when I was an exchange student on the AFS Program and living in their home for a year," Heidi said.

Heidi arrived in Agawam on August 19, 1982 to embark on her AFS exchange year as a senior at AHS. And she left little to chance. She was part of the school's Marching Mohawks Band, playing the clarinet for former band Director Darcy Davis. She was the top skier on the girls' varsity ski team and finished 27th in the state and was named to the All-Western Mass. girls' ski team.

Besides being a high ability student, Heidi participated in all of the Class of 1983's events and was active in the school's AFS Student Club. She even won a 4.0 mixed double tennis tournament at the former Westwick Tennis Club in Southwick that May with her doubles partner, Ric Sardella of Agawam, who is currently the president of Agawam Chapter of AFS. "I remember carrying the day for us," Heidi laughed when she and her former doubles partner were enjoying dinner at Alexander's Restaurant in Feeding Hills with the Carpenters and her family.

Over the years, Heidi and the Carpenters continued to keep in touch, and with the advent of e-mail in the 1990's, this became even easier for both Heidi and the Carpenters. "Dave & Billie Anne got me thinking about coming back here last November because Nico will be starting school this fall and we knew it would be our last chance for such a trip for quite a while. And I so wanted to see them again. It was like I never left," Heidi said.

After arriving at Logan Airport in Boston, Heidi, Bernd, and the children rented a motor home so they could travel around New England before coming to Agawam. They met the Carpenters at a campground in Gloucester for an emotional reunion and the group then headed to the nearby seaside resort town of Rockport for the day.

The next day, Heidi and her family departed up the New England coast to Arcadia National Park in Maine, camping all the way. From there they traveled to the White Mountains of New Hampshire and the Green Mountains of Vermont to camp, hike, and enjoy the beautiful early summer weather and the great outdoors.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ...
ADVERTISER NEWS!!!



FORMER AMERICAN INTERCULTURAL EXCHANGE STUDENT (AFS) Heidi Nachtigall from Germany recently returned to Agawam after 17 years. Heidi and her husband, Bernd, and their two children, Nico and Silvy, are pictured above in Rockport, Mass. with her Agawam host parents, Dave & Billie Anne Carpenter. Heidi graduated from Agawam High School in 1983.

A week later, Heidi was back with the Carpenters in Agawam and she was shocked at the new look of Agawam High (due to the construction and renovation project), the new fire station on Main Street, and the Super Stop & Shop in Feeding Hills Center (the site of a field when she was in Agawam). Six Flags New England, of course, was the former Riverside Park back in 1882-83 and Heidi thought that, too, was a big change for the Agawam she so fondly remembers.

"We were so happy to see Heidi after all these years," said Dave Carpenter, who has remained active with Agawam AFS as the chapter's fundraising chairman and is a retired employee of Hamilton Standard. "She was the same Heidi that left us," added Billie Anne, the Agawam chapter's long-time secretary.

Since Heidi departed, the Carpenters have served as host parents on three other occasions, although they readily admit that their first time as host parents for Heidi will always have special meaning for them.

Another major change for Heidi back "home" was that of the Carpenter's only child, Diane, who was a young girl when Heidi was in their home. Diane has since graduated from college and is now successful in the working world.

Upon her return to Germany, Heidi returned to work (part-time) as a pharmacist, and Bernd returned to his duties at an air conditioning company in their town of Meppin, Germany.



ENJOYING HAMBURGERS on the water are former AFS student Heidi Nachtigall and her husband, Bernd. Heidi returned to the USA after 17 years.

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Church News



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submitted by
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Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377 or
toll free (877) 643-9801

Somebody To Look Up To...

Everybody needs somebody, or somebodies, to look up to. We call those people we look up to exemplary people. Exemplary people are people whose lives - their words and deeds - serve as an example for us. An exemplary person might be a parent or grandparent, or a special aunt or uncle. Sometimes teachers or other community leaders are exemplary people for us. When we think about it, the best exemplary person of all is God.

Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God. God is the best exemplary person we can imagine, because God alone is without faults. Every human being we know has at least some shortcomings. When those shortcomings are illuminated by circumstances, we can become discouraged or disillusioned. God will never let us down that way.

Proverbs says **instruct a wise man and he will be wiser still; teach a righteous man and he will add to his learning.** There are specific things we can do, here and now, to at least begin the process of being **imitators of God.** Before we consider any of them, we must acknowledge that we will not be perfect **imitators of God.** We will stumble. We will fall. But rather than remain fallen, we can look to God, ask for and obtain His forgiveness, and move on.

One thing we can all do right away is to **put off falsehood and speak truthfully to his neighbor.** We're hearing a lot about honor and honesty these days. Politicians are not the only ones who should **put off falsehood and speak truthfully to his neighbor,** each of us should as well. Although it is tempting to consider others whose truthfulness we might question, we really ought to spend out time and energy examining ourselves and our own lives.

The Bible also admonishes us, **in your anger do not sin; do not let the sun go down while you are still angry.** Now that's a hard one. For one thing, each of us is provoked to anger by all sorts of everyday events. For another thing, we have all been taught to "use our anger constructively." Yet God warns us that

we really cannot "use our anger constructively." For **man's anger does not bring about the righteous life that God desires.** God's prescription for human anger is to **get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.** Don't try to "use anger constructively, get rid of it!" The best time to get rid of our anger is right away. **Do not let the sun go down while you are still angry.**

It may appear to some people that all of the suggestions or instructions about how to **be imitators of God** are negative. That's not entirely true, although we must admit we all probably heard the word "no" a lot more than "yes" when we were children. There's just something about our human nature which makes us naturally want to do the wrong thing, at least sometimes.

There is a very important, and positive, instruction we must follow, if we're to have any hope whatsoever of being **imitators of God. Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.**

The word **kind** means "to go easy" on somebody, to be gracious, or to be useful. In other words, be nice to people. You know, it wouldn't kill us if we all practiced being a little nicer to the people around us. Think about how much misery would instantly disappear if everybody did that! Well, such great ambitions being with one person; that would be each of us.

The word **compassionate** means to be tenderhearted, sympathetic; even full of pity. Proverbs 15:1 tells us that **a gentle answer turns away wrath, but a harsh word stirs up anger.** Our words can't be gentle, if our hearts are hard. By practicing being tenderhearted, we can train our hearts to be **compassionate.**

Forgiveness is the key which can unlock our ability to **be imitators of God.** True forgiveness does not require, nor depend upon, the offender deserving forgiveness. One of the things which some people struggle with about the Christian faith is that one of its main tenets is that **in Christ, God forgave you** and me. We don't deserve it, but God does it anyway.

The Bible tells us that God made us in His image. Deep down, each of us has the aspiration, as well as the potential, for greatness. We want to be great people; great spouses, great parents, great siblings, great friends and neighbors, and great at our life's work. God did not make us to be mediocre.

He wants our lives to count for something, just as we do. Be somebody to look up to. **Be imitators of God.**

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WE'LL PAY YOUR WAY TO BECOME A CNA!

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Wingate Health Care & The American Red Cross have teamed up to sponsor CNA training programs at our Wilbraham facility. This course will prepare participants for the CNA certification exam. Wingate at Wilbraham is offering scholarships which includes hourly pay and a course fee waiver for anyone participating in the CNA training. This program is available to anyone who is interested in pursuing a rewarding career in the healthcare industry. For more information, please call us at 413-596-2411.

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News & Notes From Agawam Congregational

Sunday, August 20th, our service begins at 9:30 a.m. with Rev. Eisenbach speaking on "You Are As Young As Your Dreams." Come join us for a time with the Lord with fellowship immediately following the service.

September is the month when everything gets going. A 13-week Grief Group beginning in the fall will provide an opportunity for healing. Grief is one of life's deepest hurts, which can continue on and on... The group will be led by Rev. Eisenbach and his wife, Barbara, using a video series called "Grief Share."

Also, the Wednesday evening prayer and healing service will begin with praying, sharing, and teaching on "The Healing Ministry of Jesus." Jesus' ministry of healing of the mind, spirit, and body is for us today, so come and let the healing presence of the Lord bring you wholeness.

The Pastor and his wife, Barbara, are members of the Order of St. Luke, an international healing and prayer ministry. They are available and will pray with individuals after the service.

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Wednesday morning.

We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

**Appraisal Fair To Be Held September 7th,
3:00 to 7:00 p.m.**

Back by popular request, the Fellowship Guild will be having its second Appraisal Fair. Bring in your treasured items and find out how much they are worth. The cost is only \$4 per item. No limit.

Free coffee and tea will be served. There will also be a Bake Sale Table, which will include all the favorite goodies. Come and bring a friend.

Douglas Bilodeau (Douglas Auctioneer) of So. Deerfield, MA will be the appraiser.

For more information concerning any of our events, please call the church office at 786-7111.

INSTEAD OF ME

Words and Music by Walt Harrah
Vocal Solo by Teri DeSario

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ALL OF US LIKE SHEEP HAVE GONE ASTRAY
EACH OF US HAS TURNED TO HIS OWN WAY
BUT THE LORD HAS MADE THE SIN OF ALL TO
FALL ON HIM
DESPISED, HE WAS REJECTED
TO DEATH SUBJECTED

Chorus:

INSTEAD OF ME
HE TOOK THE BLAME, THE MISERY
INSTEAD OF ME
HE SUFFERED SILENT AGONY
AND IN THAT FINAL BREATH
HE DIED ALONE THE SINNER'S DEATH
INSTEAD OF ME

WILLINGLY HE LAID HIS GLORY DOWN
TRADED WEALTH TO WEAR A PIERCING CROWN
TIL THE FATHER'S ONE DEMAND HE MET AT
CALVARY
ALONE, STRIPPED OF HIS MAJESTY
HE CRIED, "THOU HAS FORSAKEN ME"

(Repeat Chorus Twice)

INSTEAD OF ME

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News & Notes From Feeding Hills Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 9:30 a.m. during the summer.

Rev. Donaldson's sermon title is "Faith' Is An Action Verb." The Bible reading is James 1:1-6, 19-27. Jason Matteson will be Lector. Ushers will be Perry and Rose McCobb.

Andy Kretschmar will serve as Acolyte. Children are invited to attend worship, which will include a Youth Moment.

Please remember that next Sunday, August 27th, will be Gift and Promise Sunday.

Schedule changes: The Financial Stewardship

Committee will not meet on Tuesday, August 22nd. The Council's September meeting will be held on Tuesday, September 12th, at 7:30 p.m.

Thank you to those who keep the office updated on meeting changes. It is greatly appreciated.

On the calendar:

Saturday, August 19th: 4:00 p.m., Wedding.

Sunday, August 20th: 9:30 a.m., Worship; 11:00 a.m., Church of Redemption.

Monday, August 21st: 7:30 p.m., Worship Committee.

Tuesday, August 22nd: 7:00 p.m., A.A.

Thursday, August 24th: 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption Bible Study.

News From Faith Bible Church

On August 25th, 26th, and 27th, we will be at the Taste of Westfield to meet and greet people. This should be a fun time for all.

Stop by and say hi if you are going to taste the many foods of Westfield.

A week ago, we lost a very special member of our church, Phil Gattison. He was a wonderful usher and a friend to all.

We will miss him dearly, and we send prayers out to his family and his friends that will also miss him. Phil was a big part of our church, and his presence will be especially missed.

Our foundation is in, and many things will start taking place on our church addition. In September, we will be holding another tag/bake sale to help offset the cost.

We are now collecting items and putting them away. More information will be upcoming for the sale.

This past Sunday, our youth group held a teen auction. Each teen was auctioned off to families to do various jobs around the house.

The money raised will pay for a day trip to Block Island on August 23rd.

The teens had a great time being auctioned off and raised quite a bit of money. Our youth leaders, Mike and Danielle Smith, do a wonderful job with the teens and we cannot thank them enough for the time and energy put into keeping the teens busy.

Many Activities Scheduled For St. John's Picnic

As part of their program, the Boy Scouts and Cub Scouts have cleaned up and maintained St. John's Field in preparation for the Annual Picnic on August 27th.

For the teenage-plus set, there will be volleyball and softball games organized by the Youth Committee, as well as many fine prizes donated by local businesses. These include a round-trip bus trip to Boston; tickets to the Whip City Speedway; free round of golf at East Mountain Country Club; gift cer-

tificates for Storowton Taven and Take Five Restaurant, and much more.

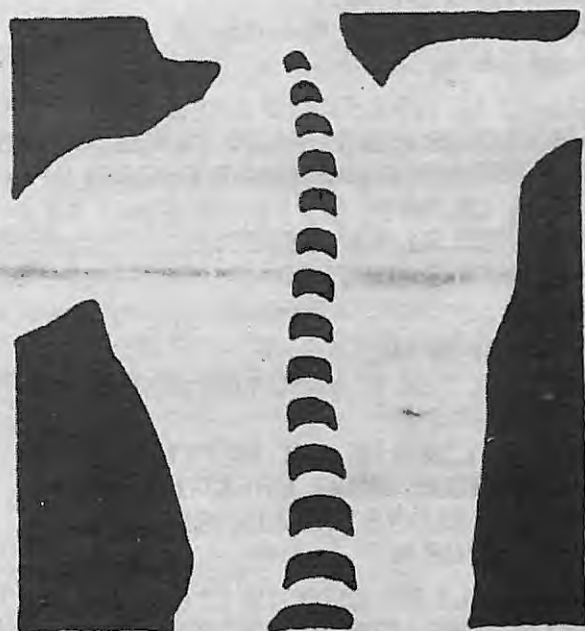
For the younger set, there is the dunking booth (for which the Pastor, Fr. Howard McCormick has again volunteered), face painting, clowns, a fishing booth, magic act, and much more.

In addition, there will be hot dogs, hamburgers, soda, and ice cream. It all takes place between 1:00 and 4:00 p.m. at St. John's Field on Leonard Street, August 27th.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ...

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Events At First Baptist Church In Agawam

Visitors are most welcome to our worship service at 9:30 a.m. on Sunday, August 20th, at First Baptist Church, located at 760 Main Street in Agawam.

Rev. Barnes' sermon is entitled "Who Knows?", and his scripture reading will be Jonah, chapter 4. Luther Johnson will share his ministry of music as our guest soloist.

A time of coffee and fellowship follows the worship service. Child care is provided during the service.

On August 21st, our Youth Group and leaders will begin their annual Mission Trip. They will be traveling to Pennsylvania to do ministry in Reading and Philadelphia.

Their itinerary includes helping in Soup Kitchens and Street Missions, and the group will also attend a Christian Music Festival.

Rally Day will be September 10th. The Religious Education Committee is planning special activities for this "Homecoming" Sunday, which is the start of our Church School for the coming year.

The church's office hours are 9:00 a.m. to 12:00 noon, and the office can be reached by calling 786-7300.

Parish News And Notes From St. John's Church

PARISH PICNIC: The Parish Picnic is coming, fast, **August 27th.** Mark your calendar and plan to be with us for a fun-filled day for the whole family. Want to help? A storyteller is needed. Call Mariann Green, 593-5764, or Joe Audette, 789-0816. They will be glad to hear from you.

RELIGIOUS EDUCATION REGISTRATION: TEACHER ALERT - On August 17th at 7:00 p.m., the publishing representative will meet with teachers, substitutes, and interested parents to explain our new religious education program and texts. This will be in the Fr. Joyce Room of the Parish Center. **There will be a mandatory start-up TEACHERS' MEETING on August 30th, 7:00 p.m. in the lower church.** Teachers, parking lot attendants, and clerical help are still needed.

ADULT CONFIRMATION: We will soon be preparing for the Sacrament of Confirmation which will be administered in October. Any adult who has not yet been confirmed and who would like to be is asked to contact Sr. Mary Clare, Fr. Bill, or Fr. Howard. We will have some sessions with this group to get them ready.

News & Activities At Sacred Heart

Teachers Needed

The "I Am Special" program is in need of a teacher for Sunday mornings during the 9:00 o'clock Mass. The children are pre-kindergarten age. If you are interested, please call Alma at 786-9835.

Registration for this program is being accepted at the Religious Education Office (Parish Center) or at the rectory. The program is open to children ages 2-1/2 through kindergarten. Registration fee is \$25 per child and \$50 per family.

Tag And Craft Sale

Have you thought of joining us at the Tag and Craft Sale on Saturday, September 9th? You can rent a space for \$15, have all the publicity done for you, get a snack at the snack bar, get rid of some of those extras around the house that you are tired of, and join in the fun!

Some of the people who rent space have been doing so for years! Call Theresa at 786-4966 or Nancy at 786-3384 for more information.

Parish Cupboard Benefit Breakfast Slated For Aug. 20th

An all-you-can-eat French Toast Breakfast will be held Sunday, August 20th, to benefit the clients of the Parish Cupboard. The Parish Cupboard is the soup kitchen and food pantry in West Springfield. This ninth annual event will take place at the Lions Den on the Big E grounds from 8:00 a.m.-12:00 noon.

Because the food for the breakfast has been donated, all proceeds benefit the work of the Parish Cupboard. The event was begun eight years ago by Gloria M. Scully, a co-founder of the former West Springfield/Agawam Open Pantry, a member of St. Thomas Church, the West Springfield Parish and Interfaith Association, and a volunteer in town for many years before her death this spring.

Cost for the breakfast is \$3 each and \$5 per family. No tickets are necessary. For more information, contact Candy or Cassie at 734-7969.

Pianist Jeremy Boettcher To Perform At St. David's Church

Nationally and internationally recognized pianist Jeremy Boettcher will perform a concert at St. David's Church in Agawam on August 19th at 6:00 p.m.

A wide variety of musical styles will be represented through the use of keyboards and acoustic piano. He will share his award-winning classical, jazz, and meditative arrangements of hymns and choruses. Boettcher will also perform some of his original music and share his testimony and anecdotes from his numerous competitions and performances.

Boettcher has shared his music ministry throughout New England and New York, and also in Colorado with Tony Campolo at the National Teen Rally for the Free Church of America.

The admission is free, though a free will offering will be taken. Boettcher's CD will be available after the concert.

He will also perform at Tabernacle Baptist Church in Chicopee on September 24th.

Crafters Wanted For Lioness Club's Holiday Craft Fair

The Agawam Lioness Club is seeking crafters for its upcoming Holiday Craft Fair. The fair will be held on Saturday, November 4th, from 9:00 a.m. to 3:00 p.m. at the St. Thomas School in West Springfield.

Interested crafters are asked to please call 789-0015.

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Spotlight on Business



EBTEC CORPORATION OFFICERS AND EMPLOYEES proudly stand behind the ISO 14001 banner after the company picnic to celebrate their achievement of becoming a member of an international group of companies who are conducting their business with a better environment in mind. Advertiser News photo by Kathy Shepard.

EBTEC Corp. Achieves 14001 Certification

by Kathy Shepard
Feature Editor

EBTEC Corporation of 120 Shoemaker Lane, Agawam is proud to join the ranks of an elite few companies that have become certified by ISO 14001, the new international standard for environmental management. There were just 750 companies in the United States at the end of April 2000 that had attained ISO 14001 certification.

ISO (International Organization for Standardization) was established in 1947 and is based in Geneva, Switzerland. More than 70 countries around the world recognize the ISO 14001 standard instituted in 1996. The United States has the fifth-largest number of participating companies (750). Japan is world-leader with 3,548 certified companies, followed by Germany with 1,950, Sweden with 1,038, and the United Kingdom with 1,014.

ISO 14001 is a voluntary international standard that sets the requirements for establishment of an environmental management system. This involves environmental auditing, environmental labeling, environ-

mental performance evaluation, and life cycle assessment.

The standards are voluntary for the establishment "of a common worldwide approach to management systems that will lead to the protection of the earth's environment while spurring international trade and commerce" (ANSI online). ISO implementation requires the development of a comprehensive environmental policy, including a planning process to implement the policy and its operation, check and implement corrective action if needed, and management review.

EBTEC's President John Leveille encourages other businesses to get involved in this positive program, simply because "it's the right thing to do. We are proud that a company of EBTEC's size can be involved."

EBTEC has been in the laser and electron beam processing business for 36 years. They began reviewing the ISO 14001 requirements after receiving notification from their parent company, TI plc, in October 1997, of its wish for all its divisions to become environmentally conscious and ISO 14001 certified by the year 2000.

Leveille pointed out that the concepts of "environment" and "business" usually seem conflicting, but at EBTEC, they have found that ISO 14001 is good for business. Being environmentally responsible could

SEE EBTEC - Page 23

ALAN L. FERRIGNO

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EBTEC - from Page 22

mean a reduction in energy, trash, water, gas, and so on. This would automatically mean a company would become more efficient by using less, spending less, and finding less expensive alternatives, which would eventually add to the company's profit and growth. It will also mean reducing negative environmental impact for future generations.

"We look for alternatives, and by doing the research, we often find a product that is safer. There is nothing for a business to fear. The fact that ISO is not mandatory really allows a company sufficient time to do thorough research," Leveille told us.

"Our plan is monitored and audited by a consultant/registrar agency. The idea is continuous improvement of the situation. It is not a system that punishes the company. If a company has done something that might not be friendly for the environment, the agency does not come and shut down or fine the company."

Instead, the company is asked to think of what it is doing which could impact the environment negatively, and it looks for ways to change. "Just as an example, we have cut our waste down to one dumpster a week, whereas we filled two dumpsters before we became ISO 14001 certified," he explained.

Both health and the environment benefit from these simple changes. Sometimes as simple as adding light sensors in the conference rooms and cafeterias will save energy for EBTEC. "We are going to check for all leaks in all gas and air lines because, first, leaks are wasteful, and if remedied, power usage is reduced, and second, the extra emissions are unnecessary," Leveille noted.

Another example of EBTEC's waste reduction is that of junk mail. "We found a company that not only collects junk mail, but also provides postage-paid envelopes so we can forward it free of charge,"



EBTEC CORPORATION OFFICERS (from left): Bill Belanger, ISO 14001 coordinator and safety officer; John Leveille, company president; and Pat Rondinelli, quality manager, are all smiles about EBTEC's new ISO 14001 registered status. Advertiser News photo by Kathy Shepard.

Leveille explained. "The filled envelopes are mailed to the company, which uses the mail for market research. Then they recycle the paper and contribute a portion of proceeds to charity. It's a win-win situation."

One of the keys for successfully managing 14001 is to communicate consistently each of the company's goals to all employees and to encourage involvement and suggestions for continuous improvement. "Our employees have made excellent suggestions,"

Leveille noted.

Based on the world's first Environmental Management System BS7750, the International Standards Organization announced ISO 14001 in September 1996 after a period of intensive international collaboration. Environmental management is defined as "the organization, structure, responsibilities, procedures, processes, and resources required for implementing environmental management."

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ...
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Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Negligence & Tort

Pharmacy - Prescription Filled Incorrectly

The female plaintiff went to the defendant's drug-store to pick up prescriptions for Prilosec, Premarin, and Cardizem. The plaintiff was aware that her doctor had called in an increased dosage of her blood pressure medication (Cardizem).

When the plaintiff returned home, she learned that four medicines had been put into the bag - the three previously mentioned as well as 10 milligrams of Vasotec, another blood pressure medication. She admitted that she did not look closely at the bottle and merely saw the name of the medicine as well as her own name. The plaintiff took the four medications for three days.

The plaintiff testified that she grew increasingly fatigued. On the evening of the third day, she report-

ed that she experienced "a seizure" and "uncontrollable movement" of her body. She claimed the seizure lasted approximately one minute, after which she scrutinized the new medication and found that although her name appeared on the bottle, it came from a prescribing doctor whom she had never met.

Further discovery into the matter during litigation revealed that another person with the same name as the plaintiff was supposed to get a prescription for Vasotec, which had been mistakenly placed in the wrong bag.

Pharmacy records revealed that the plaintiff called to complain about the mistake, but the plaintiff had not suffered any side effects. Over the next several months, however, the plaintiff complained of increased left-sided weakness, foot cramping, and muscle fatigue.

The plaintiff's treating neurologist determined that she was suffering from multiple sclerosis, but hesitated in making a final diagnosis. The plaintiff was sent to various specialists, who also concurred that, more likely than not, she was suffering from a type of demyelinating disease.

The plaintiff had a complicated medical history that included complaints of left-sided weakness, blurred vision, headache, and foot cramping which pre-dated the medication error. The defendant vigorously

defended the matter with expert opinions, which concluded that "assuming that the plaintiff does indeed have multiple sclerosis, to a reasonable degree of medical certainty, there is no evidence that three days of ingesting 10 mgs. of Vasotec was a substantial or contributing factor to the development of the multiple sclerosis."

The plaintiff focused on the fact that although her treating physicians and the defense expert agreed that her injuries were most likely due to multiple sclerosis, a definitive diagnosis was never made.

The plaintiff's expert argued that the plaintiff's disabilities were due to sub-cortical infarctions, which were either "caused or exacerbated by the medication error."

The plaintiff's expert primarily relied on a post incident MRI which, again, could not definitively diagnose the plaintiff's problem, but instead offered three differential diagnoses: demyelinating disease, gliosis, or small vessel infarction.

The case settled at mediation for \$200,000.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

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- * Raising FHA caps on loans so more people can

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- * Deducting mortgage interest off federal income taxes;

- * Raising the limit on capital gains (Tax Relief Act of 1997); and...

- * Stimulating the move-up, second home, and vacation home markets.

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Century 21 Newschu Supporting Easter Seals

Century 21 Real Estate Corporation, Franchisor of the world's largest residential real estate sales organization, has announced a promotion to support Easter Seals. CENTURY 21 Newschu Real Estate, Inc., located at 820 Suffield St., Agawam, will participate in this worthwhile cause.

For the past two decades, the CENTURY 21 System has been dedicated to supporting Easter Seals in their efforts to help children and adults with disabilities lead fuller, more independent lives. This

SEE CENTURY 21 NEWSCHU- Page 25

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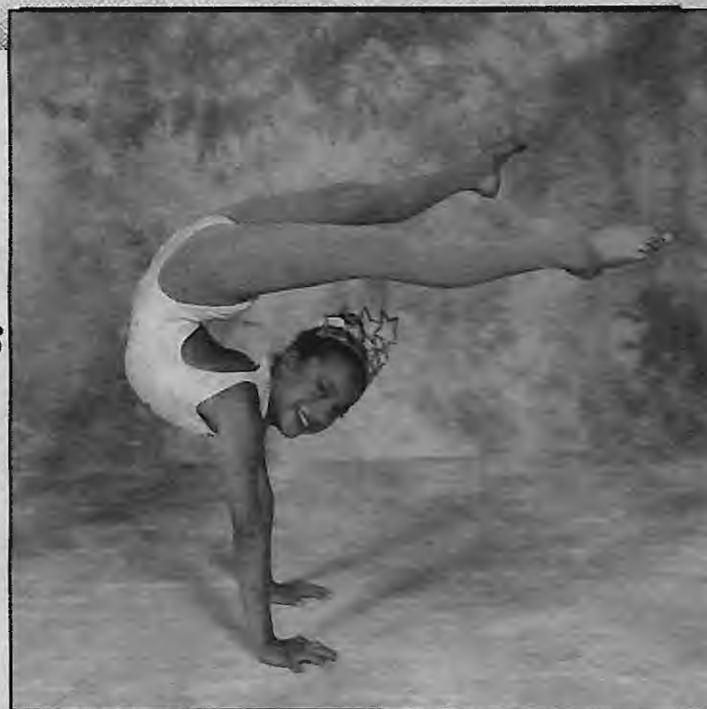
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Get Organized

Here are some general tips for organizing your home...

- * Edit belongings for items that can be thrown away, donated to charity, or sold in a garage sale.
- * Decide which items need to be accessible and which can be stored.
- * Visibility, flexibility, and accessibility are the keys to storage.
- * Get in the habit of putting things away immediately.
- * Throw out junk mail and magazines after tearing out anything of interest.
- * Create a ticker file for papers with dates and deadlines that require attention later. Include files for

each month and one labeled "current."

* Get rid of any box, except for ones holding memorabilia and keepsakes, that you haven't looked inside in two years.

* Get rid of clothes you haven't worn in two years.

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Do you want to know what mortgage programs are best for you? Do you want to know what your home is worth? Do you have family and friends who may be interested in buying/selling a home? Do you need assistance in relocating? Would you like information on the prices of homes that have sold in your neighborhood? Simply e-mail your request or call me today!

Raymond Rose is a resident of Agawam and the Founder/Senior Associate of **THE PIONEER GROUP**, a professional real estate and financial services firm serving home buyers and sellers throughout the area. Comments and questions can be directed to his office (731-6800), his voice mail (846-0961), or his e-mail (RaymondRose@aol.com). Listen to his pre-recorded Home Buyer's Info Line at 846-0923. Also, contact him via e-mail to receive his **FREE** online newsletter, **THE PIONEER REPORT - Online**...it's filled with enjoyable and informative info helping to "keep life simple." Thanks!

CENTURY 21 NEWSCHU - from Page 24

year, they are introducing a new recycling initiative that promises to obtain substantial funds for this organization.

CENTURY 21 Real Estate Corporation has teamed up with Emerald Recycling to collect and recycle used ink jet cartridges from CENTURY 21 System offices nationwide. In exchange for each cartridge collected, Emerald Recycling will contribute \$2 to the national Easter Seals office.

Custom, postage-paid mailbags can be picked up at CENTURY 21 Newschu Real Estate, Inc. Just place your used ink-jet cartridge from your printer in this bag and drop it in the mail. The following is a list of makes and models of ink jet cartridges that will be accepted:

- * all Hewlett Packard ink jet cartridges
- * all Lexmark ink jet cartridges
- * Cannon BC02 ink jet cartridges
- * Cannon BC20 ink jet cartridges

This is truly an exciting program with the potential for great returns for Easter Seals. We are confident that the response to this easy recycling program will be very favorable and it will also provide an opportunity to help the environment in the process.

Real Estate Trainer Joins Keenan & Molta

Coldwell Banker Keenan & Molta Associates welcomes Realtor Mary Jo Carlson. Carlson joins the local company as its Director of Training. Carlson will organize an educational plan for the company and will conduct ongoing training for the agents as well as assist with staff development.

"Mary Jo's skills are an asset to our company. She will give our associates the training they need to serve our clients even better," says Bob Molta, President of Coldwell Banker Keenan & Molta Associates.

Mary Jo Carlson has been in the real estate industry for more than 17 years. She was a consistent top producer for Coldwell Banker Valley Properties in Simsbury, Connecticut, where she also served as Director of Training. For the last nine years, she has been recognized as a trainer for Coldwell Banker Real Estate Corporation, training new agents for the northeast region.

She also served as a Transition Specialist, introducing the Coldwell Banker systems and tools to new franchise offices. She holds several national designa-

tions, including Certified Residential Broker, Certified Residential Specialist, and Graduate Realtors Institute. Recently, she earned her Seniors Real Estate Specialist Designation and was approved as a trainer by the Seniors Advantage Real Estate Council.

In June, Carlson certified 13 agents from Coldwell Banker Keenan & Molta Associates to work specifically in the senior market. Plans are now in place to train additional agents in September for this designation.



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For Your Health



"Let's Talk About It"

by Dan Pender
Marriage &
Family Therapist
P.O. Box 449
Agawam, MA 01001
(413) 789-4460

Eyes Wide Open...

A rewarding part of being the parent of a newborn is the opportunity to endlessly look deeply into his dark eyes. He looks back up at me with a gaze that is familiar somehow. I know that his vision is, at best, a set of blurry images of what is right in front of him. Nevertheless, I can imagine what he might be thinking, as he seems to take in every new sound and sight surrounding him.

One of the challenges to me looking into his eyes *wide open* is what is deep within them, namely - me. I literally see me in his reflection. I don't have to imagine this sight. It is there for me to see, if I dare. His eyes clearly tell a story of my love for him, my love of myself, and my love for my wife that helped create him.

The ability to experience your story, as it reflects back to you through another's eyes, is available to you if you are able to be with another with eyes *wide open*. Try it! It can be very challenging! Pick someone you can risk being vulnerable with and spend a few moments or, better yet, a few minutes gazing into one another's eyes *wide open*. You'll see what I mean by what this challenge presents.

You will see the other person, of course. You'll notice their eye color, their lash length and texture, and maybe even their eyebrows and other facial features. Depending on what the lighting offers, staying focused on their pupils, another opportunity may appear. You may begin to see yourself.

This experience speaks, I think, to the reality that we can get to see and even come to know ourselves *in and through* being in relationship with another person. All too often, many of us look to the other person to tell us who we are or should be, as if we could somehow imprint onto a newborn's eyes *wide open* who they will become.

I, too, believe we play a powerful role in shaping a newborn, a child, or even another adult (for that mat-

ter), but by really looking into another's eyes *wide open*, we are faced with the ultimate reality - seeing our self.

In my clinical practice, I counsel individuals and couples seeking to make changes in their relationship. When the focus shifts from focusing on the other's issues and behaviors onto seeing how each person might consider their part and personal desire to change themselves in the relationship, the tone of the work often changes. For some, being in counseling, as long as it focuses on trying to help change the other person, everything is okay. But, the moment the focus shifts to taking personal responsibility for their own side, the tension and anxiety often heat up.

To demonstrate this tension between the couple that is trying to stay focused on the other person's issues while staying away from their own issues or self, I might suggest this simple (but very difficult) homework assignment: *the next time they make love, do it with eyes wide open.*

What many report is how amazingly difficult it is not to look away, or bury one's head into a pillow or close one's eyes. Those who can do the assignment and actually sustain eyes *wide open* lovemaking, report how challenging it was to be so in touch with themselves. The point of the exercise is just that ... to see and be with the other by seeing and being with your self reflected in their eyes *wide open*.

I believe the greater ability we achieve to see and come to know ourselves in our encounters with others, the more capable we are to come to know ourselves. Thus, we become freer to offer the best of who we are to another without feeling like we will lose ourselves or empower someone else to tell us who we should be or become for them.

The complexity of seeing your self while eyes *wide open*.

Dan Pender, MA, MFT has a private practice as a Marriage & Family Therapist, specializing in individual, couple, and family relationships. He is a Clinical member of the American Association of Marriage & Family Therapy. He can be reached by e-mail at dpmft449@aol.com or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460.



Your Back And Your Health

by
Dr. Joseph S.
Schaffer
Schaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Blood Pressure Problem...

Question: I was told by someone that chiropractic adjustments helped lower their high blood pressure. How is this possible?

Answer: Since the effect of chiropractic adjustments on blood pressure has not been widely researched, my explanation will be theoretical. I have seen patients whose blood pressure normalized after beginning chiropractic care, and I have seen patients whose blood pressure showed no significant change, so all I can say is that chiropractic seems to be helpful for blood pressure regulation in some cases.

Basically, blood pressure is controlled by several factors, among which are hormonal controls and autonomic nervous system responses. Chiropractic adjustments alter neural impulses arising in the spine which, in turn, may alter autonomic nervous system functions and the functioning of various hormone-producing glands.

In this way, chiropractic adjustments have the potential to effect numerous body functions, including blood pressure regulation. As I said earlier, numerous factors control blood pressure. Some of these factors, such as diet, smoking, fluid intake, stress, etc., complicate the issue of blood pressure control, so the effects of chiropractic on blood pressure will vary considerably from one person to the next. Thanks for your question!

Feel free to call our office for an appointment. We are located at 192 Shoemaker Lane in Agawam, 789-1369 or 789-1073.

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ADVERTISER NEWS

Eyes Wide Open

... a journey into your self

Read more about this in today's FOR YOUR HEALTH column.

from

Dan Pender
Marriage & Family Therapist
local private practice (413) 789-4460
e-mail address: dpmft449@aol.com



Chiropractic Care

by Dr. Tami Nelson
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Sacroiliac Pain...

At the base of the spine is the bone called the sacrum. The sacrum is attached on either side to the iliac bones. These bones make up the pelvis. The joints where the bones attach are called the sacroiliac or SI joints. Dysfunction of proper motion of this joint is termed SI subluxation or SI syndrome.

SI syndrome is a common cause of back pain and can give rise to buttock and leg pain. The role of the SI joints is to dissipate weight, absorb shock, and provide bipedal locomotion. SI dysfunction or problems result from trauma such as blows, falls on the but-

tocks, or attempts to save yourself from falling.

Knocking the SI joints out of place can affect the entire spine. The SI joints are held in place by small ligaments, which can be stretched out of position if there is a traumatic dislocation. This can result in the whole pelvic girdle tilting to one side. Tissues in the area become inflamed and muscles spasm, pulling the hip bones out of place.

A second problem comes on slowly, producing a chronic condition. Muscle atrophy on one side and over-development on the other can be associated with a scoliosis, pelvic tilt, or shortening of one leg. Over time, the entire spine can be affected. One shoulder blade or rib cage may appear more prominent than the other. Eventually, uneven pressure on the spine may grind away at the protective discs between the bones.

The goal of chiropractic treatment includes restoring a normal relationship between the sacrum and ilium. A chiropractor examines and evaluates the joint to restore proper motion. Also, it is important to

assess the feet for any disorders or structural anomalies. Pronation, supination, or heel strike can affect the pelvis.

Some additional advice for SI pain:

* Do walk briskly two to three miles a day to strengthen ligaments.

* Don't rely on bed rest; ligaments will further slacken from disuse.

* Don't bring knees to chest, perform sit-ups, or bend over at the waist. These motions may displace joints.

* Don't apply heat. Heat expands the ligaments and contributes to further instability.

* Do ice the area. Ice reduces inflammation.

If you think you're suffering from an SI problem, give our office a call today. Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

Stroke Support Group To Meet On Monday, Aug. 28th At Mercy Hospital

Stroke survivors, their families and friends are invited to attend the next meeting of the Stroke Support Group, sponsored by the Weldon Center for Rehabilitation at Mercy Hospital.

The free session will take place Monday, Aug. 28th, 7 p.m., in the hospital's Deliso Conference Center, 299 Carew Street, Springfield.

Meetings are conducted the fourth Monday of each month, offering information and fellowship for persons living with the effects of stroke.

For more information, call group facilitator John

Reagan, (413) 748-7187.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS).

The SPHS's member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems.

Catholic Health facilities serve communities in eastern states from Maine to Florida.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030...
ADVERTISER NEWS!!!

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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**Food
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by Nancy Dell
Registered Dietician

Antioxidants - The Highs And Lows

Many Americans load up on vitamins and nutrients in the hope of staving off or reducing their chances of getting cancer, cardiovascular disease, diabetes, Alzheimer's, or other illnesses. However, according to the latest report on Dietary Reference Intakes (DRIs) from the Institute of Medicine of the National Academies, insufficient evidence exists to support claims that taking megadoses of dietary antioxidants, including vitamins C, E, selenium, and beta-carotene can prevent chronic disease. In fact, extremely large quantities may actually cause health problems rather than give benefits.

These antioxidants are found in many foods, especially fruits and vegetables, and are also available in the form of supplements. Research is still needed to determine the role these antioxidants play in preventing chronic diseases. But what researchers do know is that antioxidants help neutralize potentially damaging byproducts of the body's metabolism. These byproducts, often called free-radicals, can interfere with the normal operation of cells and cause damage.

Antioxidants, however, can compensate for that.

"This report underscores the importance of getting your nutrients from food versus pills," said Janet Helm, MS, RD, a Chicago-based ADA spokesperson. "Americans often have a solve-it-with-a-pill mentality and overlook the value of how changing their diet can play such an important role."

For the first time, the report on Dietary Reference Intakes (DRIs) not only sets daily intakes for vitamins C, E, and selenium, it also establishes "tolerable upper intake levels" of these nutrients in an effort to reduce the risk of harmful side effects from overdose.

So how much of these nutrients do you need?

Vitamin C - To maximize its effectiveness in the body, the recommended daily intake levels were increased. Women should consume 75 milligrams while men should consume 90 milligrams. An extra 35 milligrams a day is suggested for smokers, due to the higher level of cell damage. The report suggests that these recommended intakes can easily be met by eating a diet rich in fruits and vegetables. Foods like citrus fruits, strawberries, broccoli, potatoes, peppers, and green leafy vegetables are a good source of vitamin C.

The upper limit for vitamin C intake is 2,000 milligrams per day for adults. Consuming more than this amount can cause diarrhea in some people and will be excreted by the body unused.

Vitamin E - The daily recommended intake for this nutrient was also increased. Both men and women should consume 15 milligrams or 22 International

Units (I.U.) of "alpha-tocopherol" from food each day. Vitamin A is found in nuts, seeds, liver, whole grains, and leafy vegetables.

The upper limit for vitamin E is 1,000 I.U. if the product is "d-alpha tocopherol" or 1,100 I.U. if it is "dl-alpha tocopherol." Consuming an excess amount could lead to hemorrhaging.

Selenium - The recommendation for both women and men is 55 micrograms per day. Food sources include seafood, liver, meat, and grains.

Upper limit - 400 micrograms per day. Consuming more than this could cause selenosis, which causes loss of hair and fingernails.

Beta-carotene and other carotenoids - The panel determined that there isn't enough evidence to recommend a daily intake or set upper limits for this antioxidant which is converted into Vitamin A in the body. It suggests, however, that people use caution before taking high doses and that beta-carotene supplementation only be used for the prevention and control of vitamin A deficiency.

To access the entire report, visit the National Academy of Science's Web site at www.nas.edu.

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield St., Suite 4, Feeding Hills, MA, (413) 786-2957. Accepting Tufts, Secure Horizons, and Harvard Pilgrim.

"Living With Asthma" Seminar At Baystate Medical Ctr. On August 31st

Baystate Medical Center will offer a free seminar on "Living with Asthma: Do You Have a Plan?" on Thursday, August 31st, from 6:00-7:00 p.m. in Suite 2A at its 3300 Main Street outpatient care facility in Springfield.

The program, open to both children and adults, will be presented by Dr. Francis Duda, pediatric pulmonologist; Pete DeCuir MSN, CSFNP, pediatric pulmonary specialist; and Mary Gentile RN, BSN, pulmonary nurse clinician, all from Baystate.

monary nurse clinician, all from Baystate.

Discussion during the free seminar will focus on medications and when to use them, what triggers asthma, when to call your doctor and when to visit your local Emergency Department, and many other topics.

Registration is required by calling The Professionals at 794-2255 or outside the Springfield calling area at 1-800-377-HEALTH.

Mercy Hospital Hosts Cancer Support Group Each Monday Evening At 7:00 P.M.

Persons with cancer, their families, and friends are invited to attend Mercy Hospital's Cancer Support Group. The free meetings are conducted Mondays at 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St.

The group offers information on topics of interest to cancer patients, and provides an opportunity to share experiences in a friendly, supportive atmosphere. Meetings are facilitated by Sr. Madeleine Joy, S.P., of Mercy Hospital's Pastoral Care Department.

For more information, call the Pastoral Care

Department, (413) 748-9453.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS).

The SPHS's member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems.

Catholic Health facilities serve communities in eastern states from Maine to Florida.

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Programs Offered At Noble Hospital

Alcoholics Anonymous: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

National Safety Council First Aid and American Heart Association Healthcare Provider CPR: Saturday, August 19th, 8:00 a.m. to 5:00 p.m. At the Noble Hospital Education Department.

For teachers, health care personnel, lifeguards, recreation workers, fitness instructors, and others who need First Aid and CPR certification for their jobs.

The cost is \$65. Call the Noble Hospital CPR Line to sign up at (413) 572-5172, or the Education Department with any questions at (413) 568-2811, ext. 5572.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

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Grand Re-Opening Set For August 26th...

Agawam Resident Now Owns Ultimate Health & Fitness Products

The area's best known and most popular health and fitness products store is taking on a whole new look.

On August 1, 2000, Ultimate Health & Fitness Products, located at 14 Chestnut Street in West Springfield, was officially purchased by Lisa Clark of Agawam. James Bowler has turned over his business of three years to Mrs. Clark to pursue new opportunities in the Boston area.

The general public and all fitness enthusiasts are invited to come to a grand re-opening on Saturday, August 26th, from 10:00 a.m. to 5:00 p.m. Ultimate Health & Fitness Products will open with a new look and great new lower prices. The festivities will include a chance to win free products and prizes, as well as an opportunity to taste the hottest new flavors in protein shakes/bars and healthy snacks.

The store will be closed from August 21st to August 25th to prepare for the grand re-opening.

Mrs. Clark is a certified professional with the Athletic Fitness Association of America and has 15

years of experience teaching in the fitness industry. She ran the Boston Marathon in April and is currently training to run the Hartford Marathon in October.

"Ultimate Health & Fitness Products has achieved an outstanding reputation in the community for its commitment to offer affordable health and fitness products. It is my firm intention to continue this tradition of great service, selection, and affordability. Remaining on the forefront of what is happening in this industry will be the key to our success," said Mrs. Clark.

Ultimate Health & Fitness Products is a great source for competitively priced sports supplements, vitamins, and herbs. The store will continue to carry products from EAS, Optimum, MetRx, Muscle Tech, Nature's Best, and many more.

The regular hours of operation are 11:00 a.m. to 7:00 p.m., Monday through Friday, and 12:00 noon to 5:00 p.m. every Saturday.

For more information on products and services, call 781-5502.

Agawam Support Group Sponsored By The NAMI-WM

On the last Monday of each month, a support group sponsored by the National Alliance for the Mentally Ill of Western Massachusetts is held at the Agawam Council On Aging, 68 Meadowbrook Manor, from 7:00 to 9:00 p.m.

Groups sponsored by the NAMI-WM are facilitated by persons who have had years of experience with mental illness, either directly or as family members of an ill person. At most meetings, there will be people present who have varying degrees of experience and knowledge about mental illness. Others have only recently faced the problems created by mental illness.

The support group meetings are intended to supply emotional support and information. Discussions are honest and open, but no one is expected to talk about anything he or she would rather not discuss. *Everything said at these meetings is kept confidential.*

If you are interested in joining and would like to receive more information about the support group, please contact Lucille Drewnowski at 786-1236.

Bereavement Support Group On Aug. 19th

Persons who have experienced the death of a partner are invited to attend the next meeting of Mercy Hospital's bereavement support group, Saturday, Aug. 19th. The "Being Alone" group will meet from 10:00 a.m.-12:00 noon, in the hospital's Deliso Conference Center, 299 Carew St.

Sr. Madeleine Joy, S.P., of Mercy's Pastoral Care Department, facilitates the free meetings, which focus on issues of grief, mourning, and recovery.

Registration is required; for more information, call (413) 748-9453.

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Catholic Health facilities serve communities in eastern states from Maine to Florida.

Smoking Cessation Mtgs.

At Mercy Hospital

A support group for persons interested in quitting smoking meets Mondays, 6:00-7:00 p.m. in the fifth floor conference room at Mercy Hospital, 271 Carew St.

The group offers services including individual counseling, cessation groups, alternative health referrals, education and motivational support.

For more information, call the Tobacco Control program. (413) 493-2039 or (413) 535-1000.

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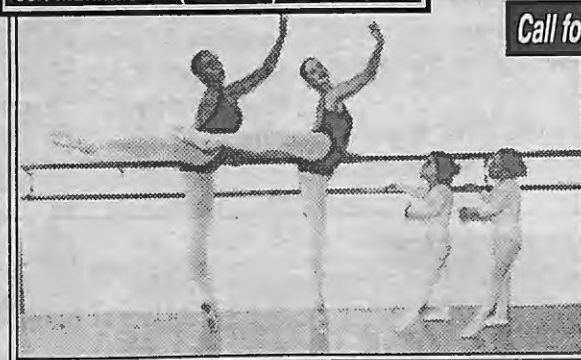
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-Ms. Baldyga is an alumna/graduate of Boston Conservatory, The Julliard School and an alumna/faculty member of Jacob's Pillow. Her students from Dance Arts have been accepted to the following programs: Jacob's Pillow Dance Festival, San Francisco Ballet, Pacific Northwest Ballet, Walnut Hill, Brooklyn Ballet, Boston Ballet, Hartford Ballet, Richmond Ballet, Washington Ballet, Berkshire Ballet, Pioneer Valley Ballet, State University of New York, Purchase and University of the Arts. Additionally, her students from Dance Arts have been featured on national broadcasts of Good Morning America.



Arts



THE STINSON CALIOLA ORGAN, originally built by the Stinson Organ Co. of Bellefontaine, Ohio, has 31 voiced pipes, a full glockenspiel, bass drum, snare drum, and cymbals. It operates entirely on air pressure and paper rollers. A free concert will be held in front of the Big Top prior to the Roberts Bros. Circus performance.

Roberts Bros. Circus Presenting Three Rings Under The Big Top

A caravan of over 20 vehicles including tractor trailers, trucks and trailers, equipment vehicles, and campers will soon be pulling into town for the presentation of the Roberts Bros. Circus on **Wednesday, August 23rd**. In times when many businesses are down-sizing these days, Roberts Brothers is determined to maintain the old-fashioned circus atmosphere under the big top — the real circus you remember as a child. Roberts Bros. Circus is celebrating its 27th annual tour this season.

This year's 90-minute performance contains a variety of family entertainment consisting of aerial acts performing high above the circus ring, horses, lovable performing poodles, balancing acts, jugglers, clowns, acrobats, a performing elephant, comedy acts, and more. It is entertainment suitable for every age group from the smallest of children on through to the grandparents.

On the circus midway prior to show time, there will be pony rides, elephant rides, exhibits, an inflatable

Moon Walk, speed ball toss, souvenirs, and all the great circus treats, in addition to a free concert with the Stinson Caliola Organ, originally built by the Stinson Organ Company of Bellefontaine, Ohio.

The organ has 31 voiced pipes, a full glockenspiel, bass drum, snare drum, and cymbals. It has no computer. It operates with air pressure and paper rolls.

A behind-the-scenes tour is conducted daily at 9:30 a.m. and is open to schools, daycare centers, and the general public. Both entertaining and educational, the tour includes an introduction to many of the circus animals and a chance to watch a giant, old-fashioned tent being set-up.

This year's show will set-up at the **Polish American Club grounds at 139 Southwick St.** with showtimes scheduled for 5:30 and 7:30 p.m. on **Wednesday, August 23rd**.

Lifeguards Compete In Nat'l Safety Competition...

Six Flags Water Park Staff Ranks Top In The Nation

A team of lifeguards from Six Flags New England competed in Ellis and Associates National Lifeguard Competition at Six Flags Fiesta Texas. Ellis and Associates develops state-of-the-art training programs and has been credited with revolutionizing "lifeguarding" in the United States by the National Safety Council, World Waterpark Association, and International Association of Amusement Parks and Attractions.

The competition included 21 teams from various facilities throughout the United States and one team from Wet n' Wild in Brazil. Six Flags Inc. was represented by a total of six parks throughout the country.

The team from Six Flags New England competed in a number of scenarios. These included relay events as well as two problem-solving scenarios designed to test the team's proactive and responsive lifeguarding skills. These skills included CPR, First Aid, and Aquatic Skills.

The team from Six Flags New England placed ninth at the national competition, tied with Six Flags Hurricane Harbor, California. The team members were Justin Barry of Westfield, Samantha Plankey of Springfield, Erika Galica of Monson, and Ryan Toner of Somers, Connecticut. They were coached by Water Park Supervisor, Loyal "Andy" Goff of Mayo, Maryland.

IT'S COMING!!!

Our annual "Back To School" edition will be published on **Thursday, August 31st**, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ...
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Concert-Loving Cat?



AGAWAM ROTARY CLUB MEMBER Michael Grandfield and his wife, Kelly, hold a special "purrson" at a recent Summer Entertainment Series event held at the Veterans' Green in Agawam Center. Grandfield is the coordinator of the popular entertainment series, which is co-sponsored by the Agawam Cultural Council. Advertiser News photo by Kathy Shepard.

August 23rd At Veterans' Green...

"Viva Quetzal" To Make Return Appearance

On Wednesday, August 23rd, the Latin-influenced group "Viva Quetzal" will make a return appearance as part of the town's summer concert series at Veterans' Green at 7:00 p.m. They are a high-energy, multi-cultural band that performs music of the Americas, an eclectic mixture of traditional, folkloric, and pop themes performed on a profusion of curious and familiar, ancient and modern, musical instruments.

The group's music has been described as a fusion of folk, jazz, pop, and rock. With over 24 musical instruments, the band's live performances have developed a large following at the Iron Horse Music Hall and at numerous national music festivals.

The night's entertainment is presented by United Industrial Service, an Agawam-based seller of forklifts and related items. For additional information, call 789-7393 or on the web at www.agawamcc.org.

The free summer-long series is presented by the Agawam Cultural Council and the Agawam Rotary Club.

* * *

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.

1988 Agawam High School Graduate...

Singer Kim Leask To Perform At Bobby's Lounge This Saturday

Kim Leask will be appearing at Bobby's Lounge in the Southgate Plaza in Agawam this Saturday, August 19th. The first set begins at 10:00 p.m.

She is the most recent addition to the band "Vital Signs" and will be singing songs by Alanis Morissette, Fleetwood Mac, and Melissa Ethridge (as well as back-up vocals). "Vital Signs" sings the finest of classic rock.

Leask is a 1988 graduate of Agawam High School, where she performed in the Show Choir and in every "Top 40" and "Vaudeville Show" every year.

"Vital Signs" has been together for four years, appearing at local clubs in the area. The other members of the band are Paul Montefusco, Dan Sedlow, Jim Rozaza, Tom Rowland, and Maryann Stebbins.

Hope to see you at Bobby's Lounge this Saturday!

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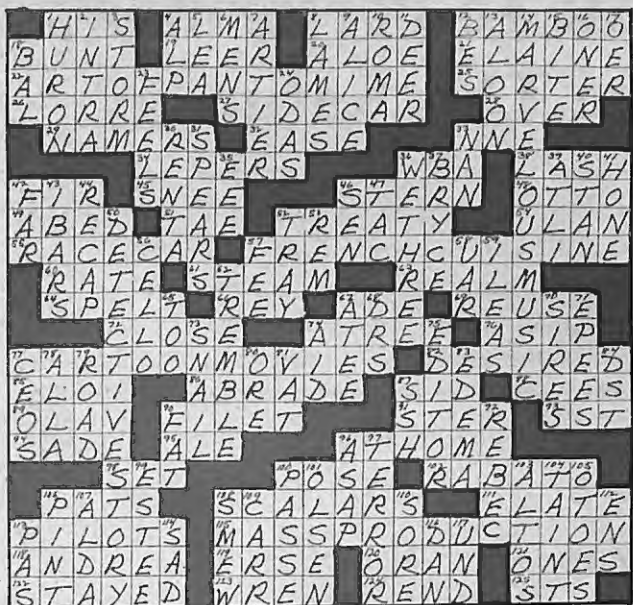
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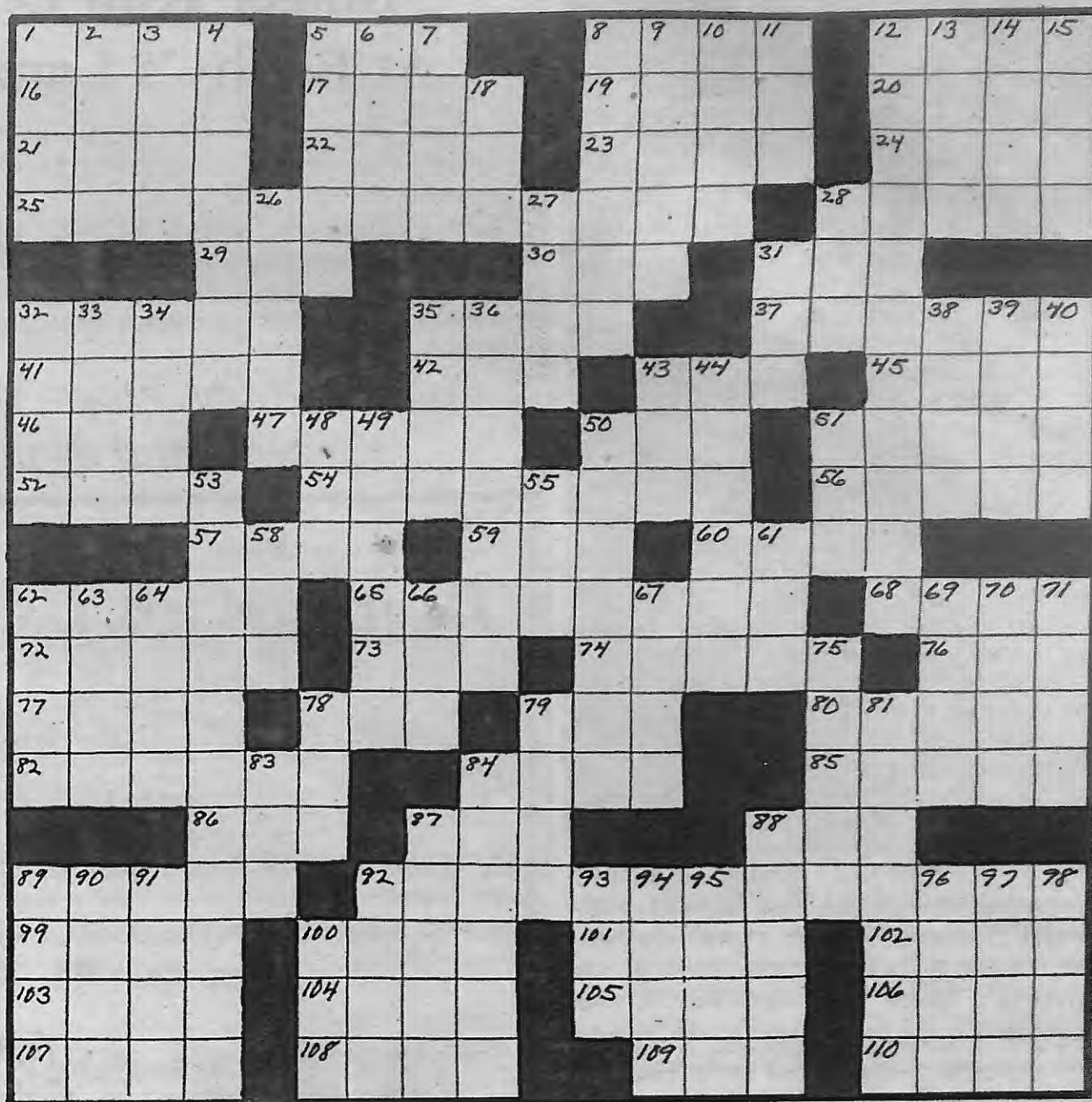


ACROSS

- 1 Andy's radio buddy
5 Wonderment
8 Converse with
12 Worker's tools
16 Sulk in a way
17 Mr. Disney
19 Possess
20 French river
21 Test type
22 The bell song
23 With (Fr.)
24 Omelette items
25 Zany sporting events
28 Thing of value
29 Yeti foot width
30 Sea eagle
31 In the past
32 Ill-bred lout
35 Vigoda and Lincoln
37 Threaten
41 A _ of a different color
42 Near, at, as, and beside
43 _fi (movie genre)
45 Woody's boy
46 One of the maths
47 Yabba _ do
50 Red or Dead
51 Golfers' mecca in Scotland
52 Equal
54 Debt reducers
56 Alex Haley classic
57 Singer Anita
59 Infamous Amin
60 Russian river
62 Long robe

- 65 Imitate in a way
68 National emblem of Wales
72 Room partitions
73 Shoshonean
74 Warsaw residents
76 "Norma _"
77 Assist in crime
78 Quantity (abbr.)
79 Fighter Willie from Hartford
80 Throw
82 Oil field spewer
84 Orthodontist's concern
85 Fred or Steve
86 French eel
87 Mountain pass
88 Snow in Dundee
89 Pasteboards
92 Certain rink users
99 Jai _
100 Coin producer
101 Memo
102 Sandusky's waterfront
103 DEA worker (slang)
104 Pot builder
105 Bob from Kansas
106 Indy 500 for one
107 Snicker follower
108 Ripened
109 Little child
110 Cease
DOWN
1 Cupid
2 P.I. Moslem
3 Ring stone
4 Peter of "The Pink Panther"

Meet The Master - by Dick Mastroianni...



- 5 Knowing
6 Annie to Warbucks
7 Nobelist Wiesel
8 Presides
9 Place of refuge
10 Prayer beads
11 Moto or Chan
12 Starts winning big
13 Work units
14 French angel
15 Musical notation
18 _ and feather
26 Chased the moray
27 Hive buzzers
28 Grow old
31 French friend
32 Soho man
33 Pit

- 34 Yen
35 Dear _
36 Retort to "Did you miss?"
38 Buck follower
39 Coagulate
40 Long periods of time
43 Game, _ and match
44 One way to dress
48 Brazilian tree
49 Old-fashioned after shave
50 Fragment part
51 Refrain syllable
53 One way to gamble
55 Dutch commune
58 _ Plaines

- 61 Bread type
62 Loot
63 No-no
64 Bullring cheers
66 Hall of Famer Mel
67 Leisurely gait
69 Pertaining to time
70 Roof overhang
71 Avid
75 _ -Na
78 We _ not amused
79 Dosage form
81 Click beetles
83 Ernie of golf
84 Ran in terror
87 Actor Richard

- 88 Action with a shot-gun
89 Tins
90 Mr. Arkin
91 Cooking order
92 Toll
93 Finish
94 Dig for
95 D-Day plus battle site
96 Part of Q.E.D.
97 "Little Caesar" gangster
98 Ooze
100 Cote bleat

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"The Food Dude"

by John Walters
WHYN AM 560



The Low-Down On "Jello"...

This week, let's look at Jello. Is there anybody out there who really asks for Jello? What is Jello good for? Where does Jello come from? That is the \$64,000 question.

In the 90's, Jello became famous again for Jello shots. In the bars, they made concoctions of Jello and alcohol and sold them as "shooters" to make just one more way to sell booze.

Jello wrestling was popular for a while. Hospitals still serve Jello to those that need a clear diet for a while. I personally do not care for Jello. I have never liked Jello and doubt that I will ever become converted to the minions of Bill Cosby who tout the total Jello experience.

Jello is a gelatin product. In the old days, gelatin came from cows' hooves and horns. Nowadays, they may have gone on to a plant-based product. To me, the end result is still the same. When you were in school, did you look forward to the Jello the lunch lady put on your tray?

A better question is, did you ever look forward to the school lunch? I lived on the a la carte mashed potatoes and gravy. When Prez Reagan said that ketchup was a vegetable, I hoped he would be voted out the next term. Don't get me started; there is another product we can do without (sorry, Mr. Heinz). Aunt Sally's Jello molds at Christmas ... the slimy, green, gelatinous mass dotted with canned fruit cocktail and sprinkled with festive red and green candy. Feed 'em to the raccoons, please!

The only redeeming function for Jello is that you can make fruit-flavored chiffon pies with a box of the stuff. Oh, and by the way - your kids and granddads like it for dying their hair.

So, if we are going to cook with it, let's make some pie shells. Make a short crust and bake your pie shells. After they have cooled, you can fill them with this wonderful (bah!) concoction - a mix of Cool Whip and Jello. Just make sure that you reduce the amount of water in your Jello by about 1/3. Before the Jello sets completely, you need to fold it into your Cool Whip. Please don't waste real whipped cream on these pies!

Now, if you want the real deal, follow my example here. Pick fresh raspberries, strawberries, blueberries, or any fruit. Make a simple syrup (sugar and water - 1 to 1 ratio) and cook it to the soft ball stage. To 1 cup of syrup, add 2-1/2 C berries and a 1/4 jam of the same flavor. Fold into a mix of 1/2 whipped cream and 1/2 stiff egg whites.

This will produce a true berry flavor that's as rich as royalty mousse. Put this in your pie shell, allow to set completely, and serve.

Leave Jello to the lunch lady and Bill Cosby. If you would like more recipes, please go to www.fooddudradio.com.

The aforementioned recipe is the beginning of making a "Charlotte." Add lady fingers in a spring-form pan filled with this mousse, then drizzle with a fruit-flavored syrup and decorate. It will delight you and your guest.

Next week, let's get into some cookies and I'll tell you all about raisins.

JOHN WALTERS, "The Food Dude," can be heard each Saturday afternoon from 1:00 to 3:00 p.m. on WHYN AM 560.

(Blue Seal brand kielbasa and quality tableready meat is his sponsor.)



For all the hometown news,
you turn our pages each and
every week ... AAN!!!



An Unbreakable "Bond"...

A good friend of mine for many years, Michael Ekmalian, has requested that I review some of his favorite James Bond films. As an expression of thanks for being such a great friend, I've dedicated this article to him and our unbreakable "bond" of friendship, as well as his beloved, unbreakable James Bond. Thank you, Mike, and enjoy!

* "DR. NO": 1962, Rated PG.

This is the first film that introduced the world to Ian Fleming's super secret agent James Bond, a.k.a. 007. Sean Connery stars as arguably the best James Bond of all. His riveting performance in this film solidified

the screen presence of what would become one of film's greatest heroes.

Bond's initial adventure involves thwarting a mad scientist who is sabotaging rocket launches from a hidden base in Jamaica. The intrigue of the film stems from not only the creative writing talents involved, but also from Connery's debonair and suave portrayal of the seemingly impeccable Bond. Ursula Andress also stars as 007's love interest. Little did Andress know that she would be the blueprint for a long, long, long line of Bond damsels in distress!

The film also boasts some extraordinary action sequences considering the era when it was produced. These action sequences are systematically presented throughout the film as not only effective character development devices, but also as sure audience-pleasers.

The endurance that the character of Bond displays is not far off the mark of what would happen in real life. To this day, the character and exploits of Bond

SEE PISANO'S PICKS - Page 36



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APRIL MOSHER

April Mosher Just Can't Get Enough Dancing

For many, the year-end dance recital in June usually means a summer break for dancers and dance instructors alike. Not so for April Mosher, a teacher at the Mary Ann Studio of Dance in Agawam and Springfield.

During her free time, April often drives out to Jacob's Pillow in Becket, to take advantage of the Master Classes offered there, which gives Mosher the opportunity to brush up on what's new in dance, especially for her teenage dancers. This summer, Mosher took advantage of several classes in modern, hip-hop, and even tried a little salsa.

Also on Mosher's summer list of places to go and things to do, is New York City, where every August she volunteers as a Tap Captain for Macy's Department Store's annual "Tap-O-Mania" event. All morning long on August 20th, Mosher will help run tap clinics, then at noon, April joins in with the roughly 7,000 tappers who have showed up to help Macy's break their record and tap their way into the *Guinness Book of Records*.

Mosher has had such fun volunteering for "Tap-O-Mania" over the past several years, that many of her students make plans to join her in New York City each year.

"Natural History Of Black Bears" At Robinson State Park

The Department of Environmental Management invites you to Robinson State Park on Friday, August 25th to participate in a Natural History of Black Bears program. The program will begin at 9:00 a.m. and will meet at the pavilion above the beach.

In this hike, we shall be investigating the park for signs of black bear and discussing the characteristics of the black bear. Please bring water and comfortable hiking shoes.

This program is sponsored by the department, open to the public, and is free with a \$2 parking fee. Reasonable accommodations available with advanced notice.

PISANO'S PICKS - from Page 35

are still marveled upon by millions of fans in a myriad of ongoing films about the character. Thusly, this very first film has even more impact today. So the next time you are in the video store, say yes to "Dr. No"! **4 STARS.**

* "The Man With The Golden Gun": 1974, Rated PG.

Roger Moore takes over for Sean Connery for the second time as Bond in this thrill ride of a film that pits 007 against a crazed assassin named Scaramanga. The film delivers all the intrigue and excitement that fans had come to expect after twelve years of James Bond.

The most enjoyable aspect of this film, however, is not all the action and fanfare, but the superb acting. Christopher Lee plays Scaramanga with such intensity that you almost forget that he is acting. Lee seems to be cut out for playing the crazed villain in this film and, consequently, served as a vehicle to further his career in the 70s.

Roger Moore also seems to be adjusting to the character of Bond quite well in this film, although his best was yet to come in the next Bond film. All the nuances that Connery brought to the role, however, are rekindled by Moore perfectly. The same witty one-liners and charming attitude towards the ladies is perfectly balanced with the hero's Houdini ability to escape hopeless situations.

Also worth mentioning is the beautiful photography that "The Man With The Golden Gun" boasts. While in one moment we see many panoramic shots of various world locales, the next moment bombards us with perfectly-shot car chases and other action scenes.

The true tradition of James Bond is exemplified in this film. Keep in mind that it is very difficult to create a successful sequel as it is, but when the title role is abruptly played by someone else, usually failure

results. This is another impressive quality of this film; the transition from Connery to Moore is now virtually seamless. **4 STARS.**

* "Octopussy": 1983, Rated PG.

Roger Moore has settled in nicely as Bond in this outing about a Russian madman who wants to launch a nuclear attack against N.A.T.O. Maud Adams plays the title role as another inclusion in the endless Bond harem.

This film's major problem is the speed at which the plot development occurs. Remember that the early 80s were notorious for this type of hurry-up filmmaking, where the endless possibilities of the then-new special effects technology was the main focus. Consequently, the dialogue sequences appear to be negelected while there are enough overdone explosions to put a small state in orbit! The chemistry between Moore and Adams worked well, but wasn't exploited to its fullest. This leaves a feeling of unfulfillment with the viewer.

It also seems that Moore brings a more American "macho man" attitude to the character of 007 versus the traditional, all-intiguing British spy. This does work to some degree because it brings an element of humanity to the seemingly invulnerable hero. This creates sympathy on the part of the viewer regarding the endeavors of Bond.

Although not the best of the Bond films, "Octopussy" does provide enough of the required food for the hungry Bond fans and action fans alike. **3 STARS.**

* "PISANO'S PICKS" REVIEW GUIDE: **5 STARS** - Extraordinary; **4 STARS** - Excellent; **3 STARS** - Good; **2 STARS** - Average; **1 STAR** - Watchable; **0 STARS** - Avoid.

Please send comments and film requests to "The Agawam Advertiser News," Attention: Lou Pisano, P.O. Box 263, Feeding Hills, MA 01030.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ...

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Agawam 4-H's At County Fair



AGAWAM 4-H CLUB MEMBERS Anne Marie Charest (left) and Anne Charest show off the quilt that won a prize at the annual Hampden County 4-H Fair that was recently held on The Big E grounds in West Springfield. Advertiser News photo by Kathy Shepard.



DANA ALLEN won three trophies in needlecraft, handcraft, and for dry flower arrangements. She entered 23 items and won 22 blue ribbons and one red ribbon. Advertiser News photo by Kathy Shepard.



THE CHAMPION STEER was 15 month-old "Bart," raised by Agawam's Derrick Turnbull. Turnbull also won the "Swine Catcher Award 2000" for catching a wayward pig. Advertiser News photo by Kathy Shepard.

Seventh-Grade Orientation At The Jr. High

In an effort to welcome and familiarize incoming seventh grade students with their new school, the Agawam Junior High School will conduct a "Seventh Grade Orientation Night" on Thursday, August 31st, at 7:00 p.m. in the Junior High auditorium.

At that time, students and parents will have the opportunity to tour the building and to acquaint themselves with school policies and programs as reviewed by school Principal Kevin C. Littlefield and Assistant Principal Marc V. Costanzi.

To make it easier for seventh-graders on opening day, signs stating teachers' names and room numbers will be placed throughout the building, and additional teachers will be assigned to homerooms to help with lockers and class schedules.

Both seventh and eighth grade students will attend opening day classes on Tuesday, September 5th.

AHS Band To Sponsor Car Wash, Aug. 26th

The Agawam High School band will host a car wash on Saturday, August 26th from 10:00 a.m.-3:00 p.m. at the Agawam Middle School on Main Street.

For more information, please call Michael Federico (786-8948), Pam Sherry (789-1959), Christina Climo (789-2154), or Danielle Sienkiewicz (789-2702).

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Door Prize Drawing**

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BA required/related experience equivalent to position (1-2 years). Must be at least 18 years of age/MA driver's license
- * **Janitorial/Cook**
Must be 18 years of age/relevant experience helpful

**Please join us at
44 Sherman Street
Springfield, MA 01109**

Ronald McDonald To Visit Agawam Public Library

World famous celebrity clown Ronald McDonald will be appearing at the Agawam Public Library on Monday, August 21st from 6:30 - 7:30 p.m.

He is visiting to promote the library and to encourage children to read. With his use of games, magic tricks and songs, he demonstrates the importance of reading in a fun way.

This visit is being donated by McDonald's and is open to all Agawam and Feeding Hills families. Parents are encouraged to bring their cameras for photos after the show.

Please visit the library or call 789-1550 to register or contact Wendy McAnanama, Children's Library Associate.

Jr. Women's Club Slates Program For 1st-Time Bus Riders

The Agawam Junior Women's Club is once again sponsoring the First Time Bus Riders Program on Thursday, August 24th, at 9:30 a.m. at the Agawam Public Library, 750 Cooper Street.

The program features the "Safety Bug" and is designed for Agawam and Feeding Hills children who will be taking a school bus for the first time this year. This program is in addition to the school's Let's Get Acquainted Kindergarten Orientation Program.

Information is available by calling Donna Shibley at 786-3888. Sign-ups will be available at the Library. Parking is available at the Agawam High School.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs, Junior Membership.

*Please remember to patronize your local businesses ...
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Important Back-To-School News From Agawam High School

Guidance counselors will be available on August 28th, 29th, 30th, or 31st from 8:00 a.m.-2:00 p.m. to enroll new students. New students will sign-in with a guidance office secretary and will be helped on a first-come, first-served basis for proper registration. If you have any questions on new enrollment, call the guidance office at 821-0527.

Guidance counselors will not be changing student schedules during the week of August 28th. Counselors will address this issue the first week of school.

During the first week of school, teachers will be giving students class expectation handouts. Students will be instructed to take the handout home to be read and signed by both the student and parent/guardian. The signed expectation sheet will then be returned to the appropriate teacher. If a parent/guardian would like a copy of the class expectations, let the teacher know on the class expectation handout that is to be returned.

All students are encouraged to purchase locks. Remember that it is the student's responsibility to protect personal and school items to the best of his/her ability. The administration will not be held responsible for material stolen from a locker. Also, sharing of lock-

ers is prohibited. When this occurs, problems of theft result.

Just in case it slipped your mind, the High School starts promptly at 7:25 a.m. It is imperative that you leave home early since excessive tardiness to school will result in disciplinary action.

AGAWAM HIGH SCHOOL SCHEDULE DISTRIBUTION

Your 2000-2001 school schedule will be given to you on Tuesday, September 5th, the first day of school. Student schedules will be available at the following locations: SENIORS - GYM; JUNIORS - CAFETERIA; SOPHOMORES - ROTUNDA AREA; FRESHMEN - AUDITORIUM.

AGAWAM HIGH SCHOOL FRESHMEN TOURS

Members of the Class of 2004, along with their parents/guardians, are invited to attend an orientation session with the High School administrative staff followed by a tour of the school on Wednesday, August 23rd from 8:30 a.m.-10:00 a.m.

The orientation will be held in the High School cafeteria, where the administrative staff will highlight important information that will be instrumental in making the freshman year a successful one both educationally and socially.

School Openings At Perry Lane Nursery

The Town of Agawam Parks & Recreation Dept. Perry Lane Nursery School has openings for the 2000-2001 school year.

Children who are age three by October 1st are eligible for the two-day-a-week program for \$60 per month. Children who are age four by October 1st are

eligible for the three-day-a-week program for \$75 per month.

Anyone interested in enrolling for the Nursery School should call 821-0514 for more information or stop into the Recreation Office located behind the Agawam High School at 760 Cooper St.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ... ADVERTISER NEWS!!!

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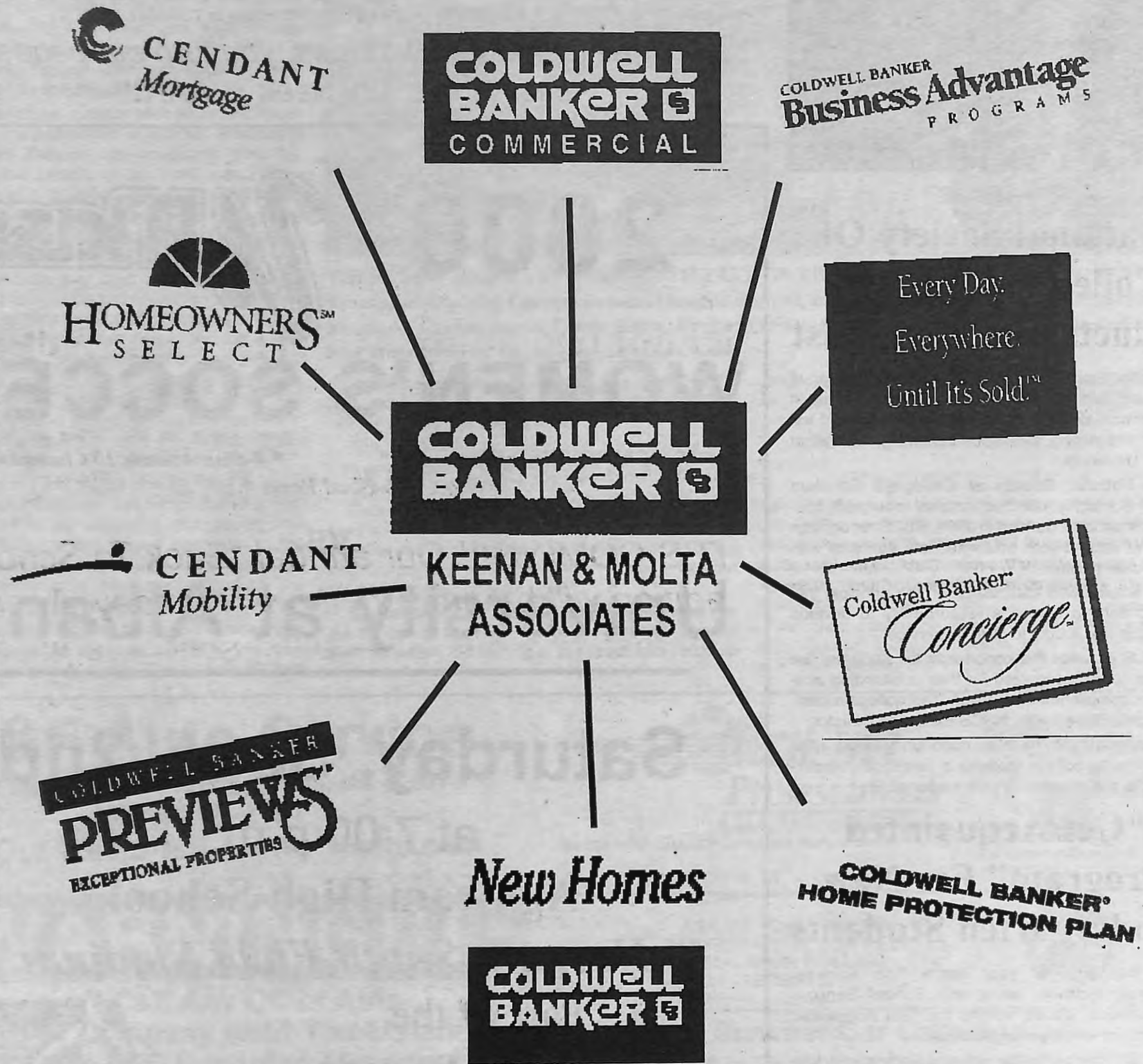
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Members Of Boy Scout Troop 78 Are Week-Long "Happy Campers"

Last month, Boy Scout Troop 78 of the Springfield Turnverein spent a week camping at Moses Scout Reservation. Twenty-two scouts and five adults attended the summer program. Despite the rainy weather, they had a great experience.

While there, seven boys participated in C.O.P.E. Eight boys participated in D.W.C. (Dynamic Wilderness Challenge). Daring to participate in the early morning Polar Bear Swim were five members of the troop. Ten members took on the challenge of the Mile Swim and out of all the participants in camp, Paul Pilegi won third fastest and Ed Lizotte, assistant

scoutmaster, won second place for the fastest swimmer.

A total of 53 merit badges were earned by the scouts during the week. Troop 78 was the only troop to earn the Scout Spirit Award for that week. They were also one of the troops to earn the Horace A. Moses Award for participation in activities required during camp.

The troop continues to meet on Tuesday evenings at the Turnverein for the summer outdoor program. For information, contact Robert Crawford at 732-3313 or Cliff Hogan at 789-3749.

*For all the hometown news, you turn our pages
each and every week ... AAN!!!*



JENNIFER SMIST

National Society Of Collegiate Scholars Inducts Jennifer Smist

Jennifer Smist of Feeding Hills, the daughter of Steve and Julie Smist, has accepted membership in The National Society of Collegiate Scholars and will be honored during a campus ceremony this fall at Boston University.

The National Society of Collegiate Scholars (NSCS) is a highly selective, national, non-profit honors organization. Founded in 1994, NSCS recognizes first- and second-year undergraduate students who excel academically.

The Society was established on the principle that with scholarship comes a responsibility to develop leadership and a duty to perform service.

"NSCS provides the opportunity for students, like Jennifer, to be recognized for their outstanding academic accomplishments early in their college experience," said Steve Loflin, NSCS Executive Director.

"Jennifer will also have the opportunity to join other high achieving college students in developing leadership skills and a sense of civic responsibility."

"Get Acquainted Program" For New Kindergarten Students

It's that time of year again. The Agawam Elementary Schools, along with School Services Transportation, will be holding the "Get Acquainted Program" for kindergarten students.

This is a chance for the incoming kindergarten students to ride the bus to school and "get acquainted."

Benjamin Phelps School will hold its program on Friday, August 25th. The kindergarten a.m. bus will start picking up students at 8:25 a.m. and will leave the school at 10:05 a.m. The kindergarten p.m. bus will start picking up at 9:25 a.m. and will leave the school at 11:00 a.m.

We hope to see you there. This program is very helpful to both the child and the parent or caregiver.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ...

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For more information, contact the UMass Women's Soccer Office by phone at (413) 545-4343/2816; or by e-mail at wsoccer@admin.umass.edu.



Sports

The Fall Season Is Almost Here...

Agawam Girls' Field Hockey Is Ready

by Dave Rollins
Sports Editor

Last year, the Agawam High girls' field hockey team won only four games and tied five out of 20. For many of the girls, that was totally unacceptable. They have set out to change things.

That change began a week after school let out in June. It has come in the form of rigorous workouts at the High School. They are called captains' practices, run by the three captains of the 2000 team - **Sara Gregory, Danielle Bachini, and Corinne Butova**. There is not a coach to be seen, nor would the MIAA (Massachusetts Interscholastic Athletic Association) tolerate one. This is a kids' deal, and it's a tough one.

If you are or have ever been an Agawam athlete, you know what running the fence means - running the perimeter of the long fence that surrounds the vast expanse of the school's athletic fields. One lap is over a mile; with five laps, you get more than your five. For the bulk of the summer, that is exactly what they've been doing. "We've been doing that, along with sprints. We will be in top shape when tryouts and training with the coaches start on August 28th," Butova noted.

Butova couldn't emphasize enough what being in shape will mean. "When we start our double sessions, the work will be on our stick skills, our passing, our offense and defense, and overall approach to the game." She noted that over 60 kids will be going out for maybe seven spots on the varsity roster of 17. The competition for a job will be fierce.

"We have a lot of sophomores and freshmen who have joined us for our workouts up here. We have some serious interest this year," Butova smiled. Then



THESE BROWNIES ARE ANXIOUS TO TAKE ON THEIR FIELD HOCKEY OPPONENTS. Front row: captains Corinne Butova, Danielle Bachini, and Sara Gregory. Back row: Alexandra Simmons, Cristen Sacco, Laura Zerra, Krista Wheeler, Gina Castellanos, Anne Marie Zaffetti, and Megan Smith. Advertiser News photo by Dave Rollins.

she added that in her four years as a member of AHS field hockey, she has never seen a team more dedicated than this one seems to be.

"The upperclassmen are all very good friends with a lot of experience. Those freshmen and sophomores we're seeing are loaded for bear."

Butova addressed their biggest concerns: "We will need a sweeper and a goalie. We lost Mary-Elizabeth Dupelle, who was one of the best keepers around. We also lost our best defender, Sara Prussman. But our defense has always been good."

She stressed that they'll need someone who can put the ball in the net - a problem that has plagued them for years. Off the top of her head, she came up

with three kids who could fill the bill: Danielle Bachini, Jen Pietroniro, and Gina Castellanos.

They had a short break last week when the Springfield College field hockey camp convened for four days.

"Yeah, just about all of us attended. There were over 400 kids at the camp. They concentrated on the skills of the game. They expected everyone in attendance was going to be in great shape," remarked Butova. "I don't know about the others, but the Agawam group had nothing to worry about in the fitness department," she added.

And they aren't done. They are back to their workouts, Sunday through Thursday from 5:30 to 7:00 p.m., and Tuesday morning from 8:30 to 10:00 a.m.

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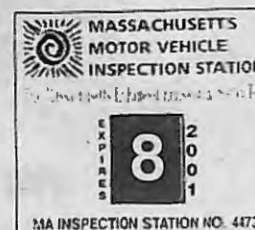
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REPRESENTATIVES OF THE PIONEER VALLEY SELECTS STING (from left to right): Jen Miarecki of Agawam, Megan Lewandowski of Westfield, Coach Scott Skolnick of Agawam, Becky Fritz of Worthington, and Sara Skolnick of Agawam.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year ... ADVERTISER NEWS!!!

Sting Wins 3-On-3 Soccer Tournament

On August 12th and 13th at Stanley Park in Westfield, Channel 40 held the third Annual Sunny Delight 3-On-3 Soccer Shootout Tournament, which is the official 3-On-3 Tournament of major league soccer. Teams competed from ages under-six to over-30 and from all different parts of the Northeast.

Sara Skolnick and Jen Miarecki of Agawam, Megan Lewandowski of Westfield, and Becky Fritz of Worthington competed in the tournament as representatives of the Pioneer Valley Selects Sting, for which they play in the Massachusetts Premier League.

The Sting was the U-14 Division champion of the tournament, which qualifies them to play in the regional tournament to be held in Philadelphia, Pennsylvania. The national championship will be held in Orlando, Florida.

The 3-On-3 game is played at a rapid pace. It is exciting to play and fun to watch. The girls displayed great skill, teamwork, and conditioning as they were undefeated in going 5-0 by defeating other teams from Ludlow, Westfield, and Juventus in the tournament.

The girls had a great time playing soccer and playing together this weekend. They met every challenge placed before them with determination and courage as they came from behind in several games to rally for victories to become the champions.

Congratulations to these fine players for their efforts and success.

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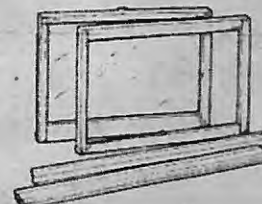
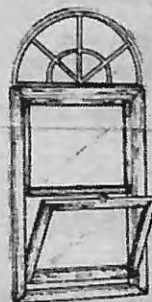
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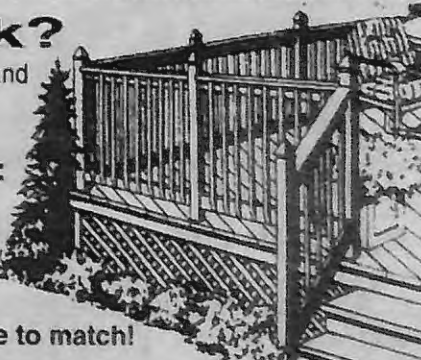
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AHS Fall Sports Physical Exam & Tryout Schedules

In order to be eligible to try out for a fall athletic team at Agawam High School, potential student-athletes **must** submit an M.I.A.A. Physical Examination Form signed by both a doctor and parent/guardian.

Forms are available in the main office and Director of Athletics' office at Agawam High School. Potential candidates may have a physical examination done by their own doctor or done by the school's doctor. In either case, a potential student-athlete must submit this form before he/she may try out for any team.

Physical examinations will be given at Agawam High School, in the nurses' office, on the following dates and times:

WEDNESDAY, AUGUST 23rd: 8:30, ALL Football; 9:30, Varsity and JV Boys' soccer; 10:00, Boys' Cross Country; 10:15, Golf; 10:30, Varsity and JV Girls' Soccer; 11:00, Varsity and JV Field Hockey; 11:30, Girls' Volleyball.

MONDAY, AUGUST 28th: 8:30, Freshmen Boys' Soccer; 9:00, Freshmen Girls' Soccer; 9:45, Freshmen Field Hockey; 10:00, Gymnastics; 10:15, Girls' Cross Country.

WEDNESDAY, AUGUST 30th: 8:00, Make-up physical for boys; 8:30, Make-up physical for girls.

TRYOUT SCHEDULE

WEDNESDAY, AUGUST 23rd: Girls' Volleyball Sign-ups (after physicals); 1st Day Non-Contact Conditioning Football.

THURSDAY, AUGUST 24th: 2nd Day Non-Contact Conditioning Football.

FRIDAY, AUGUST 25th: 3rd Day Non-Contact Conditioning Football.

MONDAY, AUGUST 28th: All teams begin tryouts.

Baywest Hockey To Hold 2000-01 Registrations

Baywest (the Agawam/West Springfield) Hockey Association would like to announce that it will be holding registrations for the 2000-2001 hockey season.

Players in the Mini-Mites, Mites, Squirts, Pee Wee's, Bantams, Midgets, as well as Learn-to-Skate, are being accepted.

For further information or if you wish to register, please call Sheila Borsari (Baywest Registrar) at 736-4964 and leave a message.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

Springfield Turners To Hold Sign-Ups For Gymnastics At The Turnverein

The Springfield Turners gymnastics program will be holding sign-ups on August 31st, September 5th, and September 6th from 5:30 to 7:00 each night.

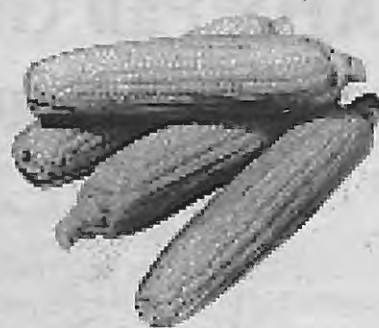
We are a small program and offer classes and a girls' and boys' team.

The sign-ups will be held at the Turnverein on 176 Garden Street, Agawam (off of Route 57).

For more information, call the club at 786-0924 or Jessica Hansen at 786-6660.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you...

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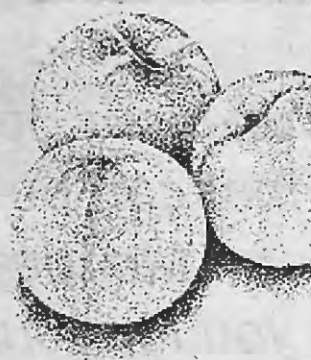


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by Eric Nelson, PGA
Head Golf Professional
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Hips First...

Golfers tend to be so eager to get their shoulders turning on the downswing that they throw them open and either slice the ball or pull-hook it.

You will hit the ball much straighter if you wait until the hips *make* the shoulders turn. When the downswing begins, the hips should clear (or move counter-clockwise) to allow the body to swing through. The shoulders shouldn't really turn at all.

In the best downswing, the hips turn first and then lead the shoulders to turn naturally as the ball is struck.

Note that as your shoulders turn, your head will come up; do not try to keep it turned down at this point.

AHS Fall Girls' Volleyball Sign-Ups On August 23rd

Sign-ups for the fall girls' volleyball program will be held August 23rd at 9:00 a.m. in the gymnasium at Agawam High School.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

A Great Season For SHAA 13-17 Girls



CONGRATULATIONS TO THE Sacred Heart Athletic Association 13-17 girls, who were the Little League softball season champs and the runner-up playoff champs. Front row: Lynn Bovat, Kate Bousquet, Ashley Quesnel, Rebecca Leupo, and Erin Milillo. Back row: Cali Longtin, Coach Lou Bonavita, Teresa Bonavita, Sara Mantha, Celena Knowlton, Stephanie Brunelle, and Coach Michael Brunelle. (Missing from photo: Klya Roberts and Sarah Rollins.)

Walking Group At AHS Track

The Agawam High School track will be open (weather-permitting) for walking and jogging on the following days:

Monday: 6:30-8:30 p.m.; **Tuesday:** 6:30-8:30 p.m.; **Wednesday:** 6:30-8:30 p.m.; **Thursday:** 6:30-8:30 p.m.; **Saturday:** 7:30-9:30 a.m.

The track will be open for walkers and joggers during the above hours throughout the summer. Strollers are permitted on the track.

No one will be allowed on the infield or in the bleachers during these times.

Best local news with us, each and every week...

Boys' Soccer Alumni Wanted For Workouts

Any former AHS soccer player who would like to work out with the boys' varsity team should contact Walter Willard at 786-7924.

Our new coach, Jonathan Cavallo, has reserved Saturday, September 9th, at 6:00 p.m., but a location has yet to be confirmed.

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AT&T Pledges \$5,000 To Melconian Charity Golf Open

Making a tremendous commitment to helping victims of domestic violence in our region, AT&T recently announced a \$5,000 grant for the YWCA of Western Massachusetts and the Linda J. Melconian Charity Golf Open.

The grant is from AT&T's Community Cornerstone Awards Program, which recognizes non-profit organizations for outstanding programs and services that are a foundation or cornerstone to the local community.

Three Hampden County battered women's programs will benefit from the grant - Womanshelter/Companeras in Holyoke and two programs of the YWCA of Western Massachusetts (the Abuse and Rape Crisis Hotline in Springfield and New Beginnings in Westfield).

The Linda J. Melconian Charity Golf Open has raised more than \$210,000 for these three programs over the past seven years. This year's tournament, which will be held on Monday, August 21st, should raise that number to nearly \$250,000.

Senator Melconian is an active and vocal advocate for domestic violence prevention programs in her district. As the Majority Leader and the highest-ranking woman in the Massachusetts State Senate, Melconian is a tireless champion for women, children, and families across Massachusetts.

Mass. Saltwater Sport Fishing Guides Available

The Department of Fisheries, Wildlife & Environmental Law Enforcement has announced that "Massachusetts Saltwater Fishing Guides" are now available.

"This booklet contains valuable information about recreational fishing in Massachusetts' productive marine waters," said Department officials.

"The resurgence of striped bass, weakfish, fluke, and other species has bolstered our recreational fisheries as well as the state's economy. We hope that the citizens of Massachusetts will be able to benefit from these guides," they added.

For more information or to receive a free guide, please contact Peter Miller at 57 North Elm Street, Westfield, MA 01085, or by phone at (413) 562-6454.

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Waryasz Golf Tourney A Success...



THE CRAIG OWEN WARYASZ MEMORIAL GOLF TOURNAMENT was recently held at Shaker Farms Country Club in Westfield. Stephanie McLane (second from the right) was this year's recipient of the Waryasz scholarship, and she is pictured above with members of this year's tournament committee (from left to right): Brian Freeman, Rick Henry, and Brett Gearing.



BRETT GEARING (far right), representing the Craig Owen Waryasz Golf Tournament committee, poses with the event's winning foursome (from left to right): Michael McElligott, Kevin Fleury, Chris McElligott, and Lou Correau.

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Youth Football To Field Two Teams

With enrollment at 160 boys and girls, the Agawam Youth Football Association (AYFA) is preparing to enter two teams in the Suburban Amateur Football League (SAFL).

Each entry consists of a Pee Wee (third and fourth grades), a Junior (fifth and sixth grades), and a Senior (seventh and eighth grades) team. The SAFL is currently structured into four five-team divisions (Red, Blue, White, and Green). Both Agawam and Westfield have experienced very high enrollments this year and are entering a second team in the Green Division, allow them to play 48 games this season instead of 24.

Agawam's Green teams will play Westfield II (twice), West Springfield, Belchertown, East Longmeadow, Quabbin Regional, Quaboag Regional, and Easthampton. Agawam's Blue Division will compete with Westfield I, Springfield South (Central), Northampton, Wilbraham (twice), Longmeadow, South Hadley, and Springfield CYO (Cathedral).

The season opens on Sunday, September 10th, with Agawam Blue playing Northampton at home (Phelps), and Agawam Green visiting Westfield II (Bullens Field - Westfield Voke). Pee Wees will kick things off at 12:15 p.m. The schedule normally lasts eight weeks and ends the last week in October (October 29th).

There are still opportunities available for players to sign up. Players must be Agawam residents between the ages of eight (born in 1992) and 14 (born in 1986). Practice is held at Phelps Memorial field (behind the school), located at the corner of Main Street and School Street.

Anyone wishing to learn more about Agawam Youth Football is welcome to come to practice (weekdays 5:30 to 7:30 p.m.) or call Coach Kirk Parker at 786-6604.

Applications Avail. For Suf. Road Race & Fun Run

The Suffield Parks & Recreation Department and the First National Bank of Suffield will be offering the 2000 21st Annual 10K Road Race and 2.3 mile Fun Run.

This event will be held on Saturday, September 9th (rain or shine) at Suffield High School, 350 Mountain Rd. The 10K Road Race will begin at 9:00 a.m., and the 2.3 mile Fun Run will also begin at 9:00 a.m.

Prizes will be awarded to men and women in their respective age division. A \$100 gift certificate to "The Run In" of Rocky Hill will be awarded to the first male and female finishers.

Applications are available at the Suffield Parks & Recreation Department, 83 Mountain Road and The First National Bank of Suffield, 30 Bridge Street; or register the day of the race between 7:30 a.m. and 8:30 a.m. at the Suffield High School.

Long-sleeve tee-shirts will be given to the first 100 registered. Registration fee is \$12 in advance and \$15 on the day of the race. Checks should be made out to the Suffield Parks & Recreation Department.

Congratulations To Scholarship Winner



STEPHANIE MCLANE, a 2000 graduate of Agawam High School, was the winner of the annual **Craig Owen Waryasz** memorial scholarship which was presented at the yearly golf tournament that was recently held in Craig's memory at Shaker Farms Country Club in Westfield. Pictured from left to right: **Richard & Jean Waryasz**, Craig's parents; Agawam Mayor **Richard A. Cohen**; **Alan Cohen**, Agawam High School guidance counselor; scholarship winner **Stephanie McLane**; and **Lowell McLane**, Stephanie's father. Advertiser News photo by Kathy Shepard.

Final Update Regarding Melconian's 8th Annual Charity Golf Tournament

State Senator Linda J. Melconian's Eighth Annual Charity Golf Tournament will take place this coming Monday, August 21st, at the Crestview Country Club in Agawam, benefiting Hampden County services for battered women and their children.

Golfers have been invited to sign-up a foursome to hit the links for a good cause. The event features a lunch at 11:00 a.m., a 12:00 noon shotgun start, and a barbecue dinner at the course.

Most importantly, all proceeds directly benefit Womanshelter/Companeras in Holyoke and two programs of the YWCA of Western Massachusetts (the Abuse and Rape Crisis Hotline (ARCH) in Springfield and New Beginnings in Westfield).

Each program provides free and confidential emergency shelter, 24-hour telephone hotlines, counseling, support groups, legal advocacy, information, and referrals.

Local businesses have been invited to donate money or door prizes, or to participate as a tournament sponsor, or a hole/tee/green sponsor.

In addition to the invaluable publicity sponsorship generates, every donation has a direct impact on the community, as 100 percent of the money raised goes directly to charity.

Local business owners or golfers who are interested in receiving additional information about this most worthwhile event should call Rosemary Sandlin (413) 785-0820 or Paige Thayer at (413) 732-3121, ext. 103.

Senator Melconian is an active and vocal advocate for domestic violence prevention programs in her district. As the Majority Leader and the highest ranking woman in the Massachusetts State Senate, Melconian is a tireless champion for women, children, and families across Massachusetts.

Tickets For Six Flags In Agawam Are Available From Area Churches

Six Flags single day admission tickets are still available from area churches. A portion of the price for these tickets will benefit the Parish Cupboard in West Springfield and the hungry and homeless people they serve.

"About 200 tickets have been sold so far," said Candy Boucher, Executive Director of the Parish Cupboard. "I think people appreciate the opportunity to share a portion of their entertainment dollars with their neighbors in need."

Six Flags Consignment Tickets: Adult Admission \$20.50 and Junior - \$16.50 are available from the following in Agawam, Feeding Hills and West Springfield:

Chip and Diane Arnold - Grace Lutheran - 732-4118; Linda Latourelle - First Baptist - W.S. - 733-9983; Candy Boucher - Parish Cupboard/St. Louis De France - 734-7969; Dot Coon at Agawam Congregational; Phyllis Colburn at Church of the Good Shepherd; Steve Bailey at First Baptist - Agawam; Doris Hayes at First United Methodist; Helen Johnson at First Congregational; Catherine Curry at Immaculate Conception; Carol Granger at Mittineague Congregational; Theresa Barlowe at Sacred Heart - Feeding Hills; Barbara Amsden at Bethany Assembly of God - Agawam; Kathy Labun at St. Thomas; and Claire Carocci at Mittineague United Methodist.

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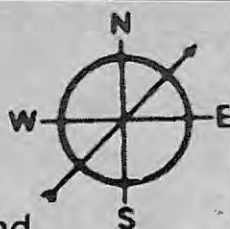
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COOK WANTED: P/T, to prepare meals for Feeding Hills child care center. Experience preferred. Call Julie at The Kids' Place, 786-7980. EOE.

BABYSITTER NEEDED: Agawam area. Responsible, caring person needed to care for my 2 yr.-old daughter. Tuesday & Wednesday evenings (Thursdays for month of Sept.), 5:30 p.m. to 9:45 p.m. Must have own transportation. Call 789-2789 for interview.

HELP WANTED: Child care for two children (2 and 5). Late afternoons and Saturdays. Call Joyce at 789-9167, M-F.

ESSAYS WANTED: "WIN A 20 ACRE HORSE FARM" essay contest. Entry fee \$100. For contest rules, send a stamped, self-addressed envelope to: Ingrid Grant, 94 Central Park Drive, Holyoke, MA 01040.

ESSAYS WANTED: "WIN A PASO FINO HORSE" essay contest. Entry fee \$10. For rules, send a stamped, self-addressed, letter-size envelope to: Pleasure Horse, 43 Russell Road, Blandford, MA 01008.

HELP WANTED: Waitresses and kitchen help needed. Call Alexander's Restaurant in Feeding Hills, 786-1127.

HELP WANTED: Cafeteria monitors - apply at the Agawam Public Schools, 1305 Springfield Street, Feeding Hills, MA 01030.

HELP WANTED: Substitute Secretary - September 1, 2000 to December 1, 2000 - apply at the Agawam Public Schools, Mr. Donald J. Charest, 1305 Springfield Street, Feeding Hills, MA 01030.



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